real life made simple

Canadian Living

cook the cover

CRISPY CHICKEN SALAD

PAGE 12

Easy AND tasty!

15+ HEALTHY MEALS
TO MAKE & SHARE

STRIKE A POSE!
LEARN TO SNAP YOUR BEST SELFIE

+ BUDGET BEAUTY BUYS WE LOVE

bathroom refresh
3 LOOKS TO INSPIRE YOUR RENO

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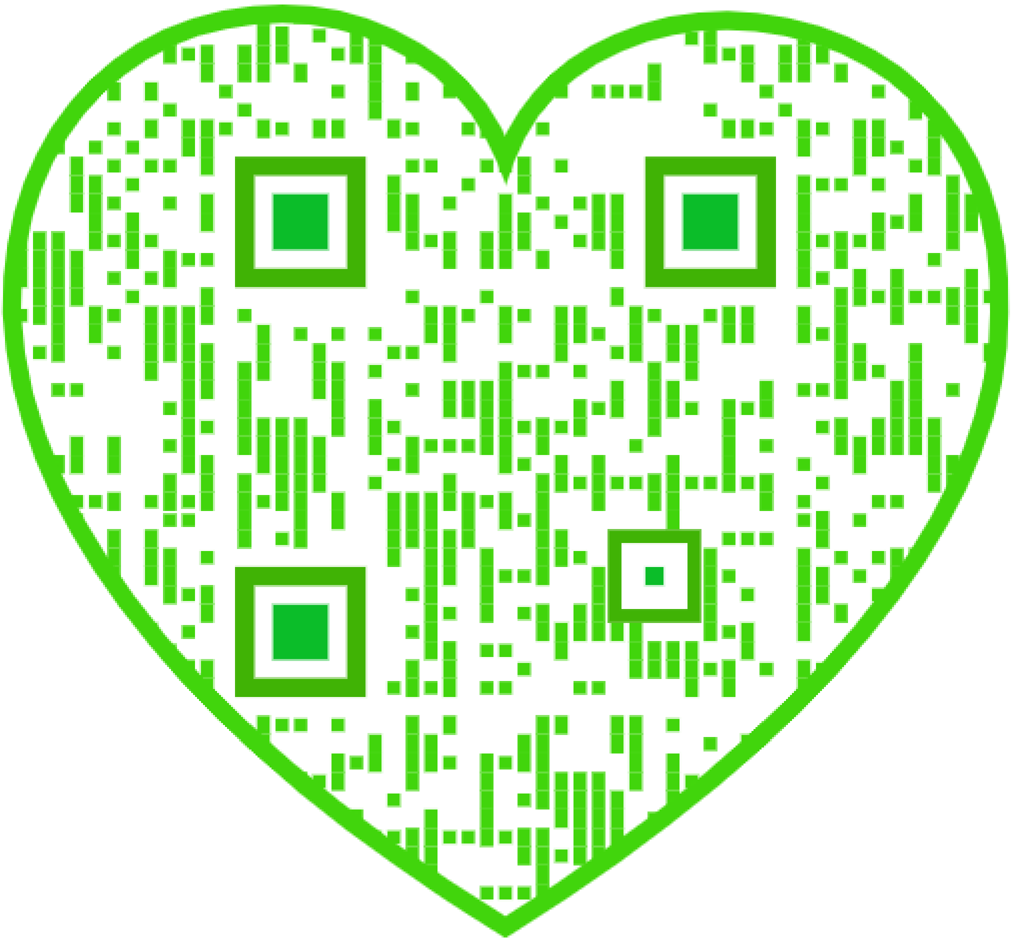

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If you're not already familiar with lifestyle brand Jungalow, get ready to meet your new decorating obsession. Designer and founder Justina Blakeney creates colourful, nature-centric pieces and rooms that focus on good vibes only. Check out the bathroom she planned for Kohler in our "Bathroom Refresh" story on page 54. We're in love!

ON THE LEVEL

The vernal equinox this month has us thinking about balance. In our Northern Hemisphere, the spring, or vernal, equinox—March 20 this year—is the time when the sun crosses the equator, giving us equal day and night. In other words, on this day, the hours are in balance. Now, we tend to talk a lot about balance, usually in the context of how much time we spend, the priority we place and the mental effort we expend on work versus our personal lives, but there are other aspects. Lots of us are constantly striving to find equanimity between family time and self time, saving money and spending money, eating healthily versus indulging in treats, giving enough to your partner and giving enough to your kids, getting sufficient sleep and being up all night, screen time and face-to-face time—the list goes on. But how many of us actually achieve that parity? We're willing to bet not that many, or at least, not all at once.

And that's kind of the point, according to experts. The way to find balance is not to slot everything into rigid boxes—work, home, friends, for example—and allot a certain amount of time for each, but instead to realize that, just like the Earth keeps moving, we have to be fluid as well. Balance is steadiness, an even distribution of weight, and because the elements of our lives are in motion, it makes sense that we have to be constantly adjusting, tweaking and revising how much we give to what in order to feel stable.

That's not to say that there aren't techniques to help you find a certain amount of symmetry if you're struggling: Figure out what your values and priorities are; practice mindfulness; get outside into nature; surround yourself with good, supportive friends; be realistic about your time and energy commitments, and plan accordingly. These strategies can help you maintain perspective about what's important.

The bottom line is that however you find balance is worth the effort. Remember—there are only two equinoxes per year; if we manage to do as well as the universe, we think we're doing okay.

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PHOTOGRAPHY, COURTESY KOHLER

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NYX PROFESSIONAL MAKEUP
Epic Ink Liner
REVLON COLORSTAY
FLEX WEAR
FULL COVER
CONCEALER / ANTICERNES
24 HRS
0.34 FL OZ/10 mL

60

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TESTED TILL PERFECT
Canadian Living TEST KITCHEN

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Canadian Living
Easy and tasty!

PHOTOGRAPHY, TANGO
FOOD STYLING, NATALY SIMARD
PROP STYLING, CAROLINE SIMON

10 tricks, tips and ideas we love this month

GHLEE Lip Mask, $30, ghlee.com.

1

SHAPE, YOUR WAY

When it offers the right support, coverage and silhouette, shapewear can give us the confidence to rock an outfit that's been hanging in the closet with the tags still attached. Designed with PerfectCut technology, the new shapewear line from Toronto-based intimates and apparel brand Knix allows us to adjust our undergarments to fit our needs. With just a quick snip along the lines, the leg length can be customized to wear with a shorter hemline and the back can be adapted for your new low-back dress, all without rolling or fraying.

Customizable Shaper **BODYSUIT** in Warm Sand, $115, Customizable Open Bust Shaper BODYSUIT in Sola, $130, knix.ca.

PRODUCER, CHRISTINA ZISKO. PHOTOGRAPHY, ADOBE STOCK/E (LEMON ILLUSTRATION)

2 Butter me up

A type of clarified butter with roots in India, ghee is commonly used for cooking, but it's also an important part of traditional Ayurvedic medicine, where it's used to soothe burns and nourish dry skin. Canadian beauty brand Ghlee harnesses the healing power of this superfood in its lip balms, masks and scrubs, as well as its newest offering, a pain-relieving balm for muscle aches. Full of omega-3 fatty acids, antioxidants and vitamins, this nourishing range gives a modern twist to this tried-and-true ingredient.

GHLEE Lip Balm, $16, ghlee.com.

GHLEE Muscle Recovery Balm, $44, ghlee.com.

GHLEE Lip Scrub, $20, ghlee.com.

Save/Splurge PRIMER

GET A SMOOTH, MAKEUP-READY CANVAS, WHATEVER YOUR BUDGET.

4

Splurge

smashbox
THE ORIGINAL
PHOTO FINISH
SMOOTH & BLUR
PRIMER

Smooth and blur facial texture and pores with this cult classic that's infused with vitamins A and E.

SMASHBOX The Original Photo Finish Smooth & Blur Primer, $46, sephora.ca.

Save

The Ordinary.

For a flawless application and long-lasting finish, reach for this silicone-based mattifying primer.

THE ORDINARY High-Adherence Silicone Primer, $8, theordinary.com.

3

SWEET TOOTH

Calling all bakers! If you're looking to serve up some sweet treats that are also allergen-friendly, Enjoy Life has you covered with its delicious baking chocolate. Free from 14 allergens, including dairy, soy, egg and tree nuts, and made in a gluten-free facility, these chocolate chips and chunks make it easy to bake treats that are safe for the whole family to enjoy. Whether you add them to cookies, melt them down to coat strawberries, or eat them straight out of the bag (they're that good!), the rich and creamy taste will make these sweet morsels your new go-to.

Enjoy Life Dairy Free Semi-Sweet Chunks, Semi-Sweet Mini Chips, Milk-Like Chocolate Morsels, $7 each, well.ca.

Enjoy Life
CHUNKS
MORCEAUX
SEMI-SWEET CHUNKS
MI-SUCRÉ MORCEAUX
Enjoy Life
MINI CHIPS
MINIPÉPITES
SEMI-SWEET MINI CHIPS
MI-SUCRÉ MINIPÉPITES
Enjoy Life
MORSELS
PÉPITES
MILK-LIKE CHOCOLATE
SIMILI CHOCOLAT AU LAIT

5 BOOTS ON THE GROUND

It's that awkward time of year when it's raining on Monday, snowing on Tuesday and warm and sunny on Wednesday. The right footwear, like a pair of ankle boots, can make it a breeze to dress for this transitional weather.

Glee **BOOTS** in Argilla, $280, olangcanada.com.

Katerina Leather Lug Sole Chelsea **BOOTS** in Black Tumbled, $428, thereformation.com.

Valley **BOOTS** in Black, $160, aldoshoes.com.

Palma Leather **BOOTS** in Silver, $270, maguireshoes.com.

Vaseline
PRO VITA B3
SERUM-BURST LOTION
LOTION SÉRUM
LUMINOUS GLOW
ÉCLAT LUMINEUX
10x
222 mL

VASELINE Pro VitaB3 Serum-Burst Lotion Luminous Glow, $7, walmart.ca.

6 BURST OF HYDRATION

Tangerine, peach, freesia, rose, cedarwood and musk—this combination of intoxicating notes isn't the olfactory profile of a high-end luxury perfume. It's actually the scent of Vaseline's new game-changing Pro VitaB3 Serum-Burst Luminous Glow Lotion. Packed with hydrating lipids, hyaluronic acid and vitamins B3 and E, this serum-lotion hybrid delivers 10 times more antioxidant power than vitamin C for a radiant, healthy-looking glow. We love the soft-as-velvet feel that's left behind with every application.

7 GOING THROUGH CHANGES

As much as we love TV series with otherworldly sci-fi and fantasy elements (the success of shows like *Stranger Things* and *Game of Thrones* proves it!), there's something special about a show with characters that seem just like us and our besties. CBC's new comedy *Small Achievable Goals* is a hilariously relatable tale of two women in the throes of menopause brought together to produce a podcast. Through dating drama, office politics and health concerns, the duo navigate this phase of life with humour and friendship. Catch the premiere February 25 on CBC and CBC Gem.

Jennifer Whalen and Meredith MacNeill star in this laugh-out-loud comedy premiering on CBC.

ESPRESSO YOURSELF

Cast-iron and ceramic cookware company Staub is celebrating 50 years of high-quality cocottes, pans, baking dishes and more. All sorts of newness has been released to mark this milestone, including a six-piece ceramic set perfect for caffeine lovers. Inspired by the delicate beauty of French macarons, this collection of pastel espresso mugs is great for daily use or pulling out for your guests on special occasions. Oven-, microwave- and dishwasher-safe, these little ceramic stunners are easy to care for and are stackable for easy storage. Happy sipping!

8

STAUB
STAUB
STAUB
STAUB
STAUB
STAUB

Staub Macaron **ESPRESSO MUG SET**, $140/6-piece set, zwilling.com.

10

When life gives you **LEMONS**

THESE SOUR CITRUS FRUITS ARE SO MUCH MORE THAN A GROCERY STAPLE. IN FACT, THEY HAVE A WHOLE LIST OF HANDY HOUSEHOLD USES. HERE ARE A FEW OF OUR FAVOURITES.

1. **Get stains and odours off cutting boards** by rubbing them with the cut side of a lemon.
2. **Remove mineral deposits** with a lemon run over the chrome fixtures in your bathroom and kitchen.
3. **Freshen the air** in your home by simmering lemon slices in a pot of water.
4. **Make an all-natural furniture polish** with lemon juice, olive oil and vinegar.
5. **Brighten your whites** by adding lemon juice to the wash cycle in place of liquid bleach.

9

GET INSPIRED

Mark your calendar—March 8 is International Women's Day! With so many inspirational, powerful women in the world, we have so much to celebrate. The theme for this year, Accelerate Action, encourages quicker and more decisive steps to achieve gender equality across the world. To reach full gender parity at the current rate of progress, it will take 134 years, and we're all about putting the pedal to the metal to speed up that timeline. For more information and tips on how to support the movement, visit internationalwomensday.com.

TESTED
TILL
PERFECT
Canadian Living
TEST KITCHEN

RECIPE MARIE-ÈVE LAFORTE
PHOTOGRAPHY TANGO
FOOD STYLING NATALY SIMARD
PROP STYLING CAROLINE SIMON

COOK THE COVER

spring FRESH

This hearty green salad is chock-full of nutritious ingredients and topped with the most delicious baked breaded chicken. It's guaranteed to hit the spot.

CRISPY CHICKEN SPRING SALAD

MAKES 4 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 55 MINUTES

3/4 cup	all-purpose flour
salt and pepper	
3	eggs
1 cup	panko bread crumbs
1/2 cup	dried bread crumbs
3 tbsp	grated Parmesan cheese (approx)
4	small chicken breasts
vegetable cooking spray	
3 cups	frozen green peas, blanched, and drained well
1 1/2 cups	sugar snap peas (sliced if very large)
5 cups	arugula
microgreens	
1/2 cup	roasted chickpeas
1/4 cup	pepitas
1/4 cup	thinly sliced red onion
Honey Lemon Vinaigrette (recipe, this page)	
grated lemon zest	
liquid honey (optional)	
lemon wedges	

Preheat oven to 400°F; line baking sheet with parchment paper. Set aside.

Place flour in bowl and season with salt and pepper; stir to combine. In second bowl, beat eggs. In third bowl, combine panko and dried bread crumbs and grated Parmesan; season with salt and pepper. One at a time, dip chicken breasts in flour, then eggs, then bread crumb mixture, pressing lightly to adhere. Dip again in egg, then in bread crumb mixture to obtain a thick coating. Place breasts on prepared baking sheet and spray with cooking spray. Bake until chicken is cooked through and breading is golden brown and crispy, 30 to 35 minutes. (Place chicken under broiler for a few minutes at the end of baking, if desired.)

Meanwhile, place green and sugar snap peas, arugula, microgreens, chickpeas, pepitas and onion in bowl. A few minutes before chicken is done, pour Honey Lemon Vinaigrette over salad; toss gently to coat. Divide salad among bowls. Slice crispy chicken and serve over salad. Sprinkle with Parmesan and lemon zest, and drizzle with honey, if using. Serve with lemon wedges.

PER SERVING about 845 cal, 50 g pro, 32 g total fat (6 g sat. fat), 89 g carb (12 g dietary fibre, 27 g sugar), 215 mg chol, 600 mg sodium, 8.4 mg iron.

Honey Lemon Vinaigrette In bowl, whisk together 6 tbsp olive oil, 3 tbsp liquid honey, 2 tbsp lemon juice, 1 tbsp each white wine vinegar and Dijon mustard, and 1 small shallot, minced. Season with salt and pepper. Makes 2/3 cup.

BOWLS, SIMONS. FORK, HOMESENSE

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look of the month

LUMINOUS UNDER-EYES

Brighten your undereye area with concealer a few shades lighter than your skin tone. When applied in an inverted triangle under each eye and blended out, the result is a subtle, lit-from-within radiance.

fashion & beauty

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PHOTOGRAPHY, JULIEN FAUGÈRE/C. MODEL, MAYA (MONTAGE). MAKEUP, NATHALIE DODON

now trending

The hottest products and the latest news from the world of beauty.

DO ME A SOLID

The spicy floral scent we know and love from Fenty Beauty is now available in a whole new format. For a practical and portable way to take the fragrance on the go, it's been transformed from liquid to solid and housed in a chic compact that slips right into your pocket. When you're in need of a perfume touch up, simply swipe some of the scented balm on your pulse points—it melts right in and exudes the brand's iconic aroma of magnolia, musk, tangerine and Bulgarian rose.

FENTY BEAUTY Parfum Solid Fragrance, $92, fentybeauty.com.

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BRIGHTENING
SERUM
SÉRUM ÉCLAT
16% VITAMINE C PURE
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HYALURONIC ACID
CARNOSINE
[C]

BRIGHT SIDE

Pollution, poor diet, lack of sleep—all of these daily aggressors can have an effect on your skin, producing dullness, hyperpigmentation or fine lines. With a whopping concentration of 16 percent pure vitamin C, Vichy's latest serum fights these common concerns for brighter, smoother, more uniform skin. Plus, with proven efficacy on all phototypes, women of all skin tones can reap the benefits of this powerful serum.

VICHY LABORATOIRES LiftActiv 16% Pure Vitamin C Brightening Serum, $64, vichy.ca.

NOURISH NOW

Hailing from Vancouver, new skin-care brand Collage Beauty is all about positive "pro-aging" solutions to nurture overall well-being so we can feel our best at every life stage. The brand's lightweight formulas use powerful botanicals like willow bark, rosehip and chamomile to deliver skin-loving hydration and gentle exfoliation. We're especially enamoured of the moisture-locking balm that encourages skin cell regeneration while we snooze.

COLLAGE BEAUTY Gesso Niacinamide Balm, $109, collagebeauty.com.

COLLAGE
GESSO
NIACINAMIDE BALM
BAUME NIACINAMIDE
BALANCE • NOURISH
30 mL

PRODUCER, CHRISTINA ZISKO

Briogeo
Style + Treat
dry shampoo puff
open → close

BRIOGEO Style + Treat Dry Shampoo Puff, $38, sephora.ca.

GOOD HAIR DAY

Revive second or third day hair in the cutest way possible with Briogeo's latest innovation—a dry shampoo powder packaged with a super easy-to-use puff that tackles oil and freshens up your look. Pat the puff directly on your roots, massage in the finely milled powder and then shake out the excess for volumized and refreshed roots in a snap. How convenient!

KLORANE Prickly Pear Quenching Shampoo, $25, Quenching Conditioner, $25, Plumping Mask, $33, shoppersdrugmart.ca.

KLORANE
KLORANE
KLORANE

PERFECT PEAR

Say goodbye to dehydrated, dull locks with the newest hair-care range from Klorane. Star ingredient prickly pear, known to survive in even the most arid conditions, captures and retains water molecules inside keratin fibres. This means 72 hours of hydration and shine to provide the ever popular "glass hair" effect on your strands. Quench your hair's thirst with the divinely scented shampoo, conditioner and mask trio and enjoy your softest, bounciest mane yet.

NUXE
rêve de miel
97%
SOIN LÈVRES AU MIEL
HONEY LIP CARE

HEY HONEY

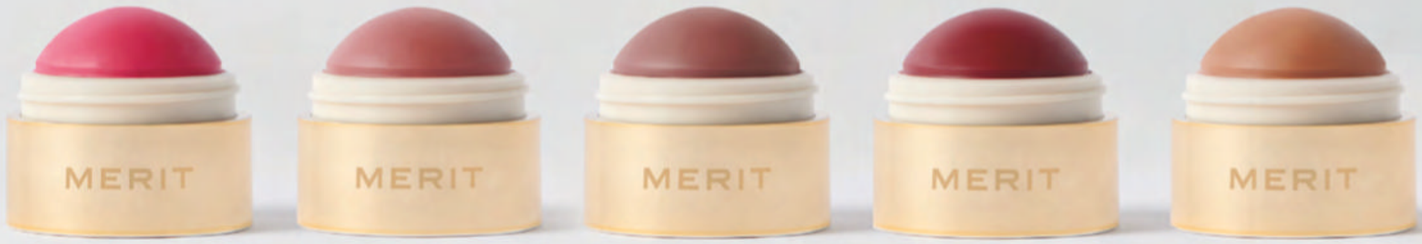
Pamper your pucker with the comforting benefits of honey harnessed in Nuxe's Honey Lip Care. Lavender honey from Provence and organic camelina oil work together to nourish and soothe the lips while leaving behind an eye-catching sheen. The adorable wooden hive cap is just the icing on the cake.

NUXE Honey Lip Care, $23, shoppersdrugmart.ca.

LUSH FLUSH

TO EXPAND THE SHADE RANGE OF ITS BESTSELLING FLUSH BALM, MINIMALIST BEAUTY BRAND MERIT HAS LAUNCHED NEW HUES OF THE BUILDABLE, MULTI-USE CREAM TINT. TRY IT ON YOUR CHEEKS, LIDS OR LIPS FOR A BEAUTIFULLY NATURAL WASH OF COLOUR YOU'LL REACH FOR EVERY DAY.

MERIT Flush Balm, $41 each, meritbeauty.com.



Hands, handled

Give your hardworking hands the care they deserve with these easy tips.

TEXT, CHRISTINA ZISKO, WITH FILES FROM KELLY-ANN NEELEY. PHOTOGRAPHY, ADOBE STOCK/E (HANDS)

From knitting a scarf, baking cookies and playing the piano to holding your spouse's hand, petting a puppy or cuddling a baby, our hands do a lot for us. To keep your nails, cuticles and skin in tip-top shape, read on.

Our hands are met with all sorts of aggressors day in and day out. At the top of the list? UV rays, both natural and artificial. Much like our face and neck, our hands are more exposed than other parts of the body, leaving them more vulnerable to sun damage.

How many times have you slathered on sunscreen before a day at the beach, only to stop applying at your wrists? The skin on our hands needs SPF protection every day, and, as we wash them more frequently than other parts of the body, a bit of extra attention.

Hands also face other external factors, such as weather (like cold temperatures and dry winds leaving them chapped and red), chemicals (like household cleaning products), pollution, germs, friction and more. While we can't lock ourselves away in fear of these aggressors, we can take small steps to protect our hands.

save the skin

To keep the skin of our hands healthy and happy, daily SPF application is a must. Whether you use your favourite body sunscreen or choose a hand cream with sun protection, this is an essential step in the fight against skin cancer, as well as the hyperpigmentation and loss of collagen and elastin UV rays can cause.

Avoid washing your hands with hot water, which affects their moisture barrier. Warm water will get the job done just as well without stripping beneficial oils. Because of the exposure to hot water, chemicals and detergents while washing dishes and cleaning, wearing gloves during these tasks is another great way to keep your hands protected.

STRETCH OUT

REGULAR STRETCHING CAN HELP KEEP YOUR HANDS, FINGERS AND WRISTS FLEXIBLE AND PAIN-FREE. TRY YOUR HAND AT THESE THREE SIMPLE STRETCHES YOU CAN COMPLETE AT YOUR DESK.

PRAYER STRETCH

1. Place your palms together in front of your face.
2. Pressing your palms together, slowly lower your hands toward your waist, or until you feel a stretch.
3. Hold for 10 to 30 seconds.

PALM UP EXTENDED ARM STRETCH

1. Extend your arm in front of you, palm up.
2. With your free hand, gently pull your fingers back toward your body.
3. Hold for 10 to 30 seconds. Repeat with opposite arm.

PALM DOWN EXTENDED ARM STRETCH

1. Extend your arm in front of you, palm down.
2. Relax your wrist, allowing your fingers to point down.
3. With your free hand, gently pull your fingers forward toward your body.
4. Hold for 10 to 30 seconds. Repeat with opposite arm.

> The skin on our hands needs SPF protection every day and, since we wash them more frequently than other parts of the body, a bit of extra attention.

Making moisturizing part of your handwashing routine is also an essential step to hand health, locking in moisture and creating a barrier around your hands. Plus, “well-hydrated skin remains more elastic and is less prone to signs of aging like dark spots and wrinkles,” says Emmanuelle Dieudonné, marketing director and product manager at French beauty company Vitry. Simply keeping a bottle of moisturizer beside your soap dispenser can be enough to remind you to nourish those hands after you cleanse! Speaking of cleansing, opt for gentle formulas containing hydrating ingredients like aloe vera to ensure you’re respecting your skin’s natural oils and lipid barrier every wash.

nail the nail care

Over time, nails often become drier and duller, and growth slows down, making them more vulnerable to breakage and splitting, says Dieudonné. These changes are linked to a decrease in the production of keratin, a key protein in the nail structure. This decrease can lead to thinner, more brittle nails. While some of these changes are inevitable, appearing commonly around menopause, a little extra TLC can keep your nails stronger and more resilient in the long term.

For healthy nails, Dieudonné recommends filing from the outside of the nail to the inside. Start at one corner and work toward the centre with smooth strokes in one direction, then do the same from the other corner. Using a back-and-forth sawing motion to file your nails is a no-no, as it can weaken or split the nail. If one breaks, try to address it as soon as possible to prevent it from snagging and breaking further. Keeping a small nail file or nail clipper in your purse can ensure you’re prepared for when the occasion arises.

If you’re a nail polish lover, opt for non-acetone polish removers. They’re gentler and less drying than their acetone-based counterparts.

cue the cuticles

Don’t forget the importance of your cuticles, the thin layer of clear skin at the base of each nail. Its job is to keep dirt, infection and bacteria away from the nails. For this reason, resist the urge to trim them! If you’re plagued with seriously overgrown cuticles, soak them in warm water before pushing them back gently with a cuticle pusher. This is only a cosmetic fix, so if they don’t bother you, it’s best to let your cuticles do their job untouched. However, just like the skin on the rest of our body, nails and cuticles also need moisture to stay healthy. Use a cuticle oil or moisturizer with nourishing ingredients like ceramides or shea butter to pamper and hydrate your fingertips. Bonus: This also helps promote healthy nail growth and prevents hangnails.

Our product picks

SALLY HANSEN Vitamin E Nail & Cuticle Oil, $10, shoppersdrugmart.ca.

L’OCCITANE Immortelle Shea Youth Hand Cream, $51, loccitane.com.

ATTITUDE Oatmeal Sensitive Natural Hand Soap, $9, ca.attitudeliving.com.

ULTRA VIOLETTE Extreme Hydrating Body + Hand Screen SPF 50+, $41, sephora.ca.

VITRY Extra Mild Nail Polish Remover, $10, shoppersdrugmart.ca.

face forward

The future of skin-care science is here: Meet Dermabsolu, the pro-aging solution that's clinically proven to nourish, hydrate and reshape the contours of the face.

Avène
DERMABSOLU
CRÈME NUIT INTENSIVE REMODELANTE
INTENSIVE RESHAPING NIGHT CREAM

AVÈNE Dermabsolu Intensive Reshaping Night Cream, $79, eau-thermale-avene.ca.

We all know that getting older shows on our faces. And although experts have come a long way from advising we slather on cold cream every night, we still struggle with aging well, with minimizing wrinkles, dryness, uneven tone and texture, and adapting our routines to our skin's changing needs—while still recognizing the face in the mirror. That's where Dermabsolu comes in.

The Triangle of Youth

Picture a triangle with points on the edges of your cheekbones and the tip of your jaw. That's the Triangle of Youth. When we're young, we have a well-defined jawline and firm, hydrated skin. As we age, the triangle becomes inverted, reflecting lost volume in the cheeks and slackening in the jawline. This diminished collagen, hydration and elasticity transforms the structure of the face. Dermabsolu's innovative Intensive Reshaping Night Cream targets that change with a superhero trio of active ingredients. In just one month, skin is plumped and nourished, and the Triangle of Youth is reshaped.

The Powerhouse Ingredients

Three words: Bakuchiol, pro-ceramides, niacinamide. Bakuchiol (plant-based retinol) is the star in Dermabsolu Intensive Reshaping Night Cream, targeting the skin's structure, boosting collagen production and hyaluronic acid synthesis twice as much as retinol to improve form and density. Pro-ceramides are in charge of nutrition, improving barrier function by prompting the synthesis of ceramides and lipids that ensure skin's integrity and defense against aggressors. Niacinamide's brightening and antioxidant properties come from its ability to regenerate cells and unify the complexion.

The Clinical Studies

Dermabsolu is developed by Avène Dermatological Laboratories, and 33 clinical studies back the efficacy of the line. Ninety percent of trial subjects and the lab's dermatologists reported a resculpting, plumping and densifying effect in just one month of use! The entire Dermabsolu line, in fact, showed just as many visible results. Women who used Dermabsolu Serum, Day Cream and Eye Contour Filler for a month reported significant reduction of wrinkles and dark spots, and improved hydration. Dermabsolu's clinically proven advancements in skin care ensure we can age naturally while still looking our best. Now that's the future of skin care.

Good buy

What's better than a kit full of high-quality cosmetics? A kit full of high-quality cosmetics that are also budget-friendly! Here are some of our top skin-care, hair-care and makeup picks, all under $30.

A concealer that provides full coverage is good, but one that's also comfortable to wear and breathable? That's a winner. Redness, imperfections and dark circles are camouflaged with this product, and the transfer- and fade-resistant formula helps smooth lines and nourish skin.

REVLON ColorStay Flex Wear Full Cover Concealer, $19, shoppersdrugmart.ca.

REVLON COLORSTAY
FLEX WEAR
FULL COVER™
CONCEALER / CORRECTEUR
24 HRS
0.34 FL OZ/10 mL ℮

MAKEUP

MAYBELLINE NEW YORK
BUILD-A-BRAW™

This dual-ended brow product draws precise hair-like strokes to fill in sparse areas, and with just a flip, the eyebrow gel at the opposite end sculpts and sets the hairs in place for all-day wear that holds up against sweat and humidity.

MAYBELLINE NEW YORK Build-A-Brow 2-in-1 Brow Pen and Sealing Gel Eye Makeup, $15, maybelline.ca.

cils
MIRACULEUX
YVES ROCHER
Bretagne, France

For a beautiful wide-eyed effect, reach for this mascara that delivers clump-free volume, length and separation for fanned out fringe. Plus, the formula, enriched with cornflower water, is gentle enough for sensitive eyes and contact lens wearers.

YVES ROCHER Cils Miraculeux Mascara, $20, yvesrocher.ca.

For a bold cat-eye or a precise graphic design, look no further than this waterproof eyeliner. With such great colour payoff, all it takes is one pass over the lid to achieve an intense pigment.

NYX COSMETICS Epic Ink Waterproof Liquid Eyeliner in Graham Cracker, $14, nyxcosmetics.ca.

NYX PROFESSIONAL MAKEUP
Epic Ink Liner™

Make a statement every time you swipe on this pretty pink hue. In addition to bold colour, this lipstick is infused with vitamins A and C to deliver a delightfully nourished pout.

MILANI COSMETICS Color Statement Lipstick in Fruit Punch, $11, milanicosmetics.com.

TEXT, CHRISTINA ZISKO, WITH FILES FROM ISABELLE VALLÉE

FACE CARE

Formulated with soothing aloe vera, this facial exfoliator gently buffs sensitive skin to reveal a smoother, more radiant complexion. Dirt, impurities and dead skin cells are sloughed away without overdrying the skin, making this perfect for reactive skin types.

BURT'S BEES Gentle Face Scrub, $12.50, burtsbees.ca.

Made with sensitive skin in mind, this oat facial cleanser is recognized by the Canadian Dermatology Association for being fragrance-free, non-comedogenic, gentle on skin and made without common allergens. The result is calm skin with a strong moisture barrier that feels as good as it looks.

AVEENO Calm + Restore Nourishing Oat Cleanser, $17.50, well.ca.

Whether you apply it under makeup or on its own, this lightweight SPF protects against UV rays while pampering the skin with hyaluronic acid, Kakadu plum and vitamin E. The formula is super comfortable and easy to wear, so there's no reason to skip this essential part of your skin-care routine!

NAKED SUNDAYS CabanaClear Water Gel Serum SPF 50, $25, shoppersdrugmart.ca.

Get the hydration your face craves with this skin-loving hyaluronic acid serum. Skin is left with a dewier, brighter appearance and the product's plumping action minimizes the look of fine lines for a smoothing effect.

GRACE & STELLA Hyaluronic Acid Serum, $24, amazon.ca.

Add this toner to your evening skin-care routine to promote seriously smooth skin. Glycolic acid provides the exfoliation, while a Tasmanian pepperberry derivative soothes.

THE ORDINARY Glycolic Acid 7% Exfoliating Toner, $10.50, theordinary.com.

When dry, tight skin rears its ugly head, let this lotion be your go-to. The soothing formula made with niacinamide, panthenol and glycerin restores your skin's moisture barrier in just seven days for a healthy, comfortable visage. What's more, you can also use it on your body for the same skin-saving benefits.

CETAPHIL Moisturizing Lotion, $14.50, cetaphil.ca.

BODY CARE

NATURIUM
The Smoother Glycolic Acid Body Wash
Nettoyant Pour Le Corps À L'Acide Glycolique Douceur Supérieure
16.9 FL OZ / 500 ML

Say goodbye to bumpy, rough texture with a body wash that cleanses and exfoliates at the same time. A blend of alpha hydroxy acids tackles dead skin for a smoother look and feel without breaking the bank.

NATURIUM The Smoother Glycolic Acid Body Wash, $22, shoppersdrugmart.ca.

Bio-Oil
Body Lotion
Lotion corporelle
250 ml

Give this ultra-light lotion a shake to emulsify the formula before applying in circular motions to reap its moisturizing benefits. Although the product is oil-based, it soaks right in without leaving behind a greasy residue, meaning you can use it morning and night without worrying about your clothing or bedsheets.

BIO-OIL Body Lotion, $20, walmart.ca.

Everyday cleaning and frequent washing can do a number on the skin of your hands. Comfort irritated and dry skin with phytoceramides, hyaluronic acid, vitamin E and argan oil, which nourish, repair and protect the hands with daily use.

OMY LABORATOIRES Repair Hand Cream, $16, omycosmetics.com.

omy LABORATOIRES
Nutrition
Crème mains réparatrice
Repair Hand Cream
50 mL 1.7 fl. oz.

HAIR CARE

matrix
Miracle Creator
20
multi-tasking leave-in treatment

The name says it all—treat your mane to 20 (yes, 20!) benefits with every spray of this hair-care workhorse. Protect against heat damage, tame flyaways, fight frizz, detangle and so much more with a treatment that replaces a host of products in your arsenal.

MATRIX Miracle Creator Multi-Tasking Treatment, $25, chatters.ca.

A light gardenia scent characterizes this handy dry shampoo that helps us space out our washes. It not only absorbs excess oil, but also helps protect our hair against environmental stressors with hydrolyzed keratin. Bonus: The can is recyclable!

MONDAY HAIRCARE Original Dry Shampoo, $10, walmart.ca.

amika:
soulfood
nourishing mask
masque nourissant
100 ML / 3.3 US FL OZ

Jojoba seed oil moisturizes and antioxidant-rich sea buckthorn pampers your lengths and scalp in just five minutes. If your hair's in serious need of moisture, this nourishing mask is for you.

AMIKA Soulfood Nourishing Mask, $26, loveamika.ca.

Carol's Daughter
BLACK VANILLA
LUSCIOUS MOISTURE CONDITIONER
12.0 fl oz / 355 mL

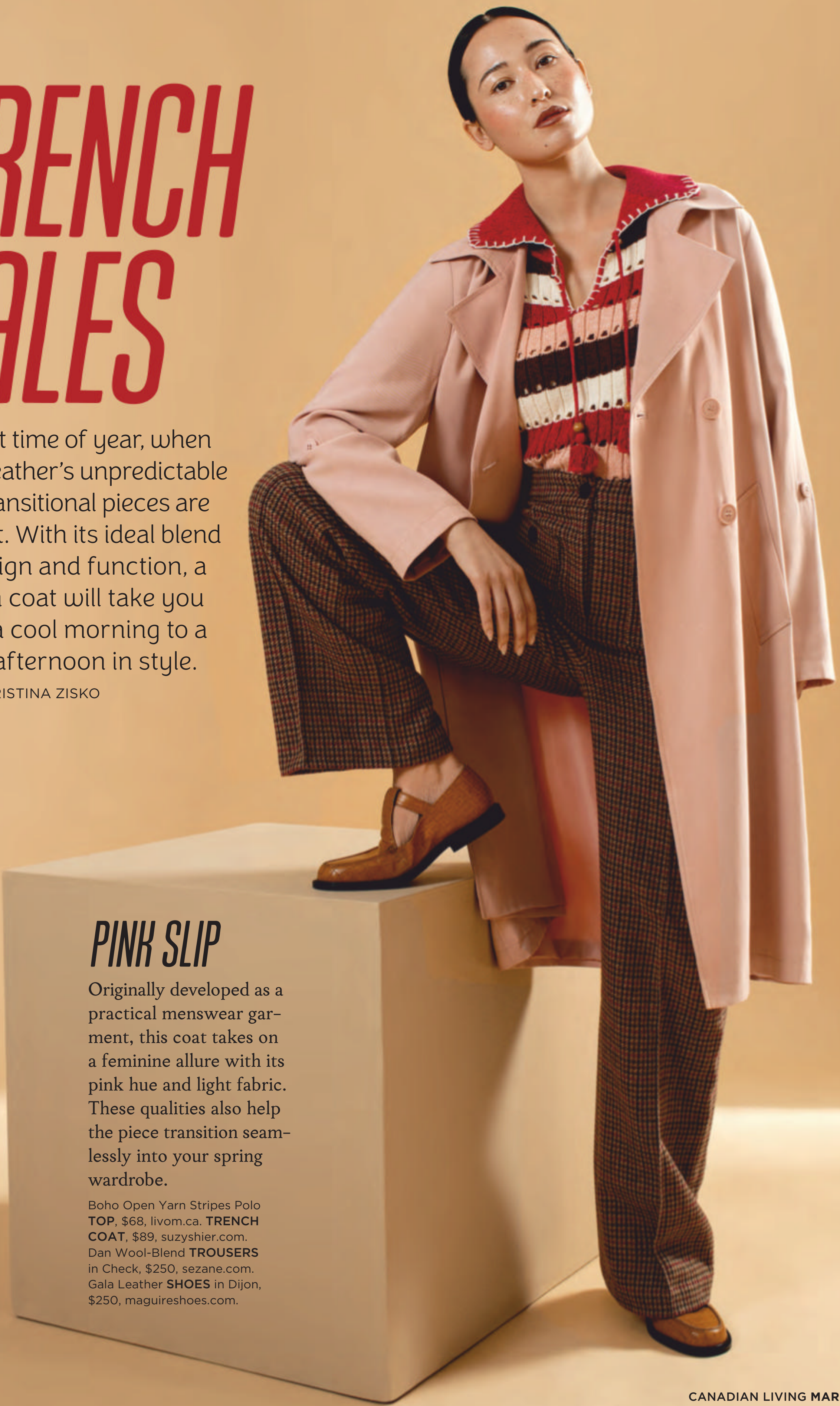
Get drawn in by the intoxicating vanilla scent but stay for the boost of moisture and shine. We're big fans of this nourishing conditioner that restores dry, dull hair to its former glory at an accessible price point.

CAROL'S DAUGHTER Black Vanilla Luscious Moisture Conditioner, $15, carolsdaughter.com.

TRENCH TALES

It's that time of year, when the weather's unpredictable and transitional pieces are a must. With its ideal blend of design and function, a trench coat will take you from a cool morning to a rainy afternoon in style.

TEXT CHRISTINA ZISKO

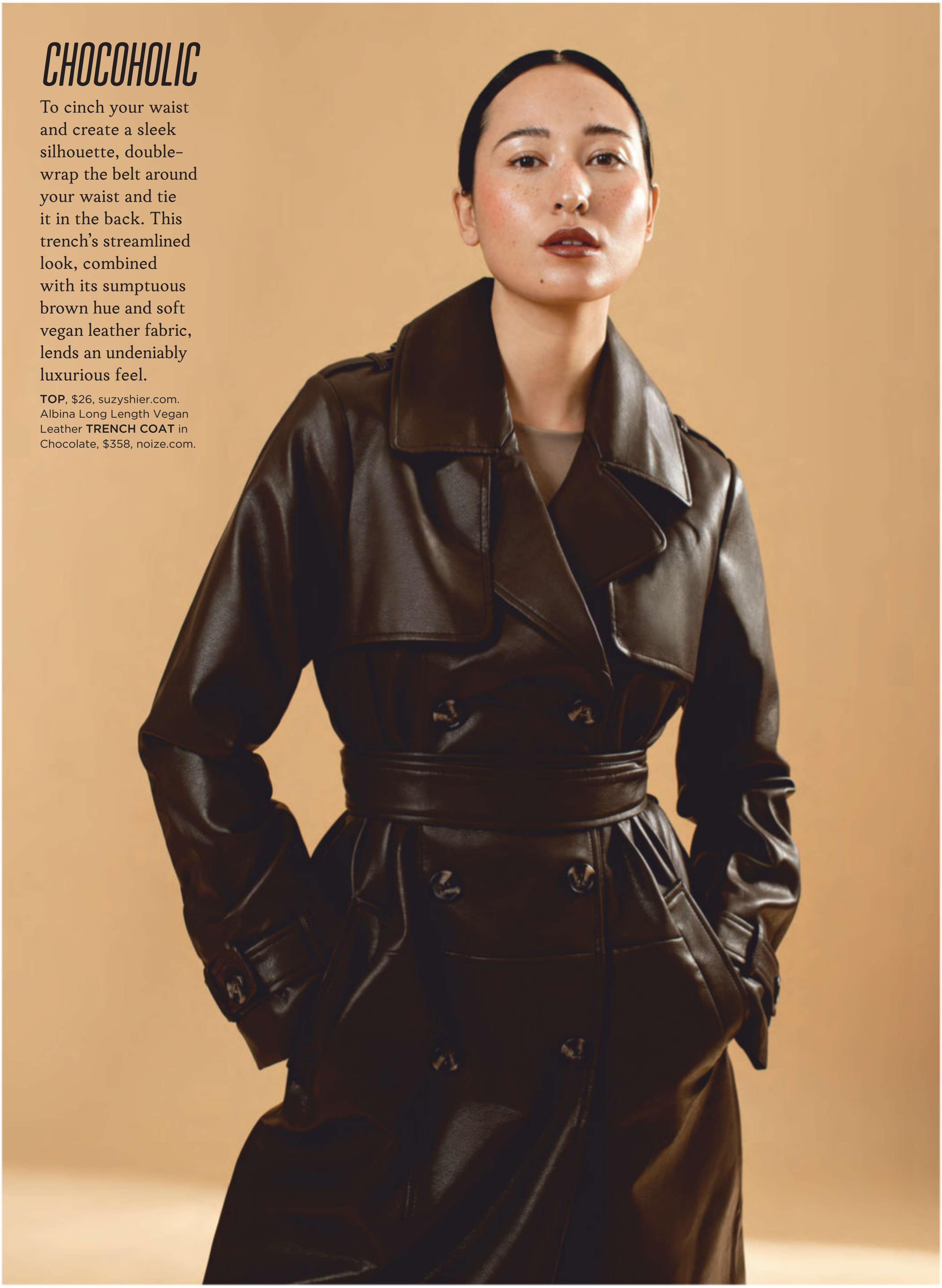


PINK SLIP

Originally developed as a practical menswear garment, this coat takes on a feminine allure with its pink hue and light fabric. These qualities also help the piece transition seamlessly into your spring wardrobe.

Boho Open Yarn Stripes Polo **TOP**, $68, livom.ca. **TRENCH COAT**, $89, suzyshier.com. Dan Wool-Blend **TROUSERS** in Check, $250, sezane.com. Gala Leather **SHOES** in Dijon, $250, maguireshoes.com.

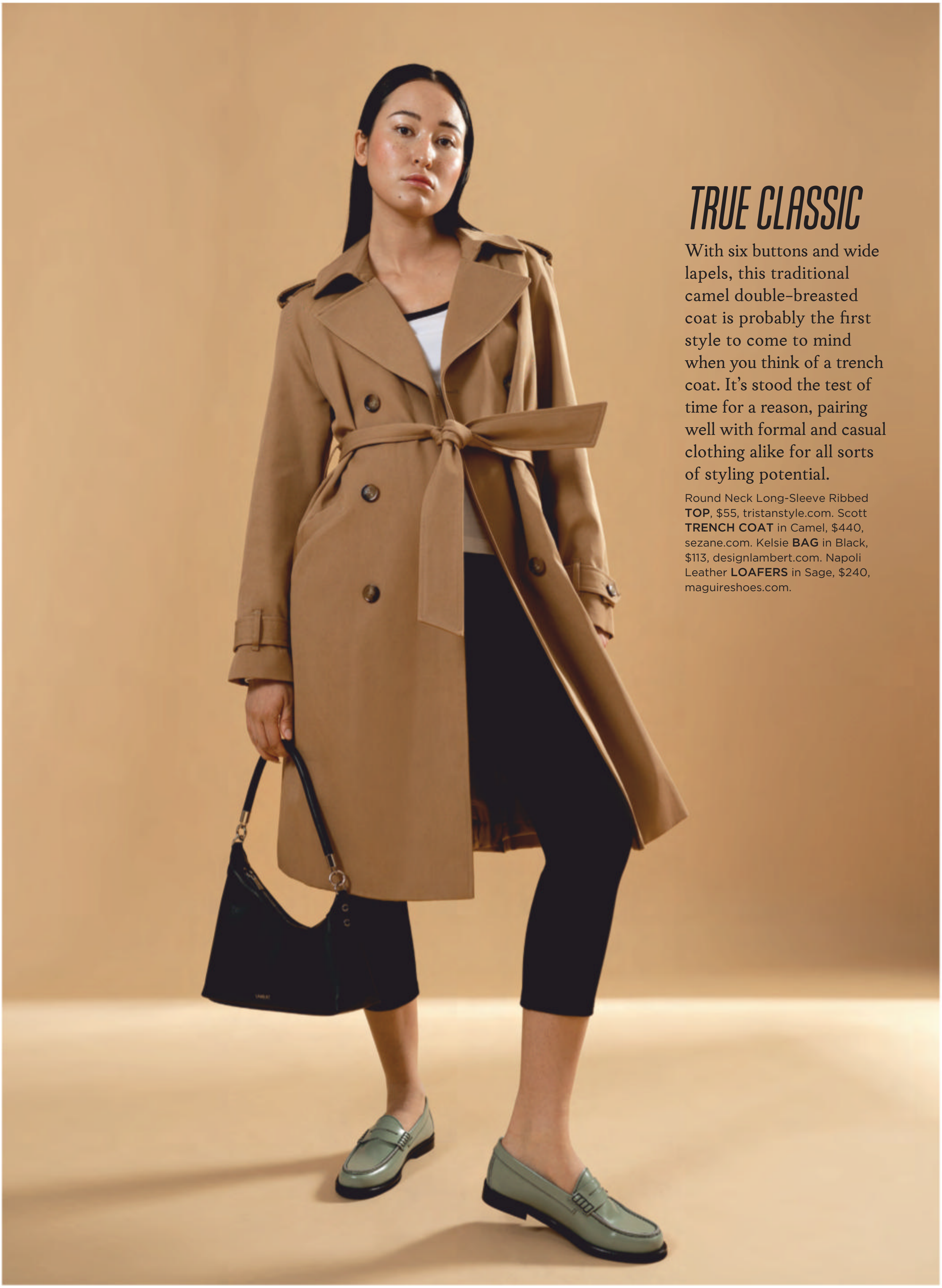
PRODUCER, ISABELLE VALLÉE. PHOTOGRAPHY, ANDRÉANNE GAUTHIER/C. PHOTOGRAPHY ASSISTANT, VANESSA BROSSARD. STYLING, CAMILLE INTERNOSCIA. MODEL, KIANA (SPECS). MAKEUP, ANAÏS CÔTÉ



CHOCOHOLIC

To cinch your waist and create a sleek silhouette, double-wrap the belt around your waist and tie it in the back. This trench's streamlined look, combined with its sumptuous brown hue and soft vegan leather fabric, lends an undeniably luxurious feel.

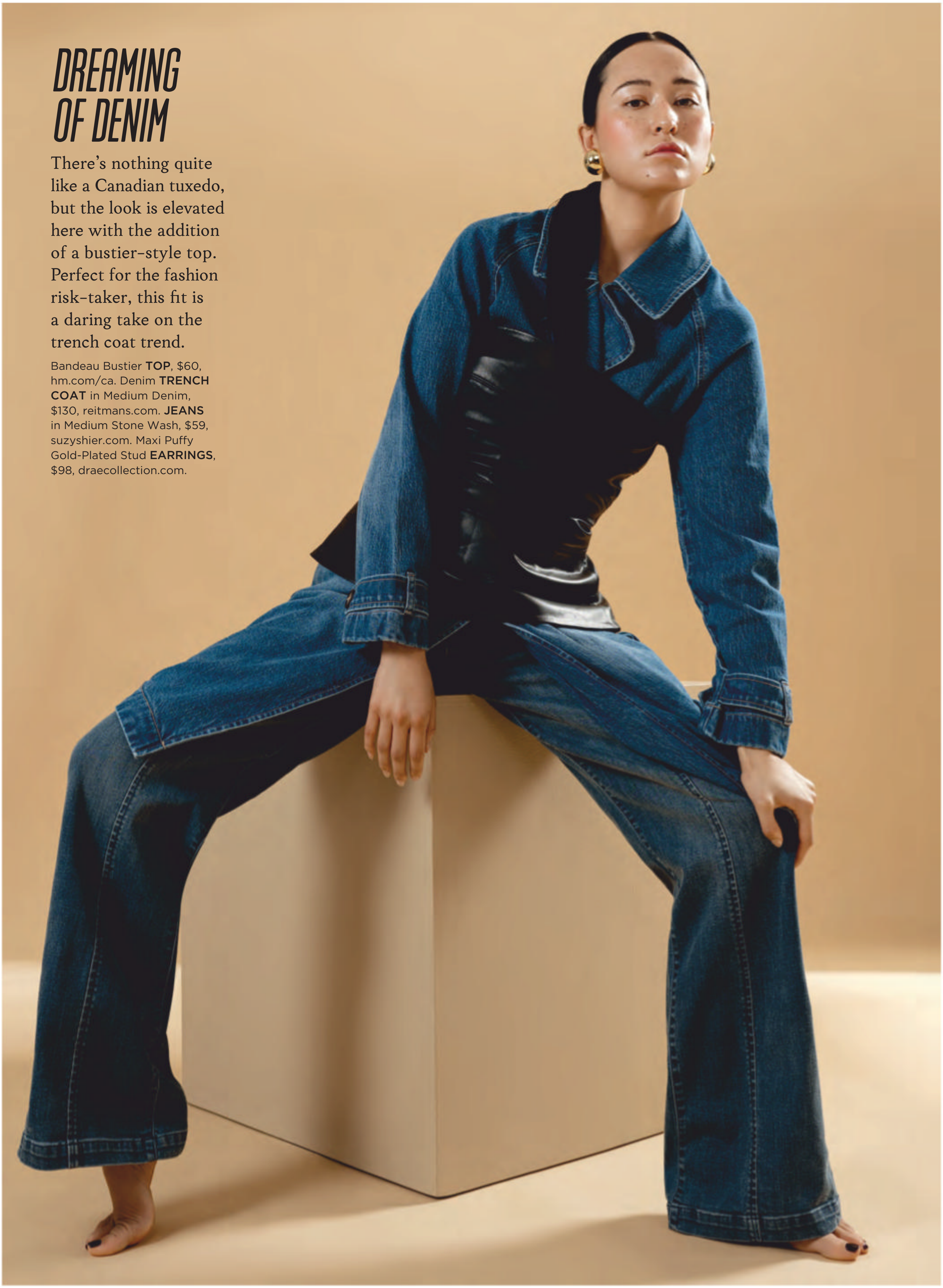
TOP, $26, suzyshier.com. Albina Long Length Vegan Leather **TRENCH COAT** in Chocolate, $358, noize.com.



TRUE CLASSIC

With six buttons and wide lapels, this traditional camel double-breasted coat is probably the first style to come to mind when you think of a trench coat. It's stood the test of time for a reason, pairing well with formal and casual clothing alike for all sorts of styling potential.

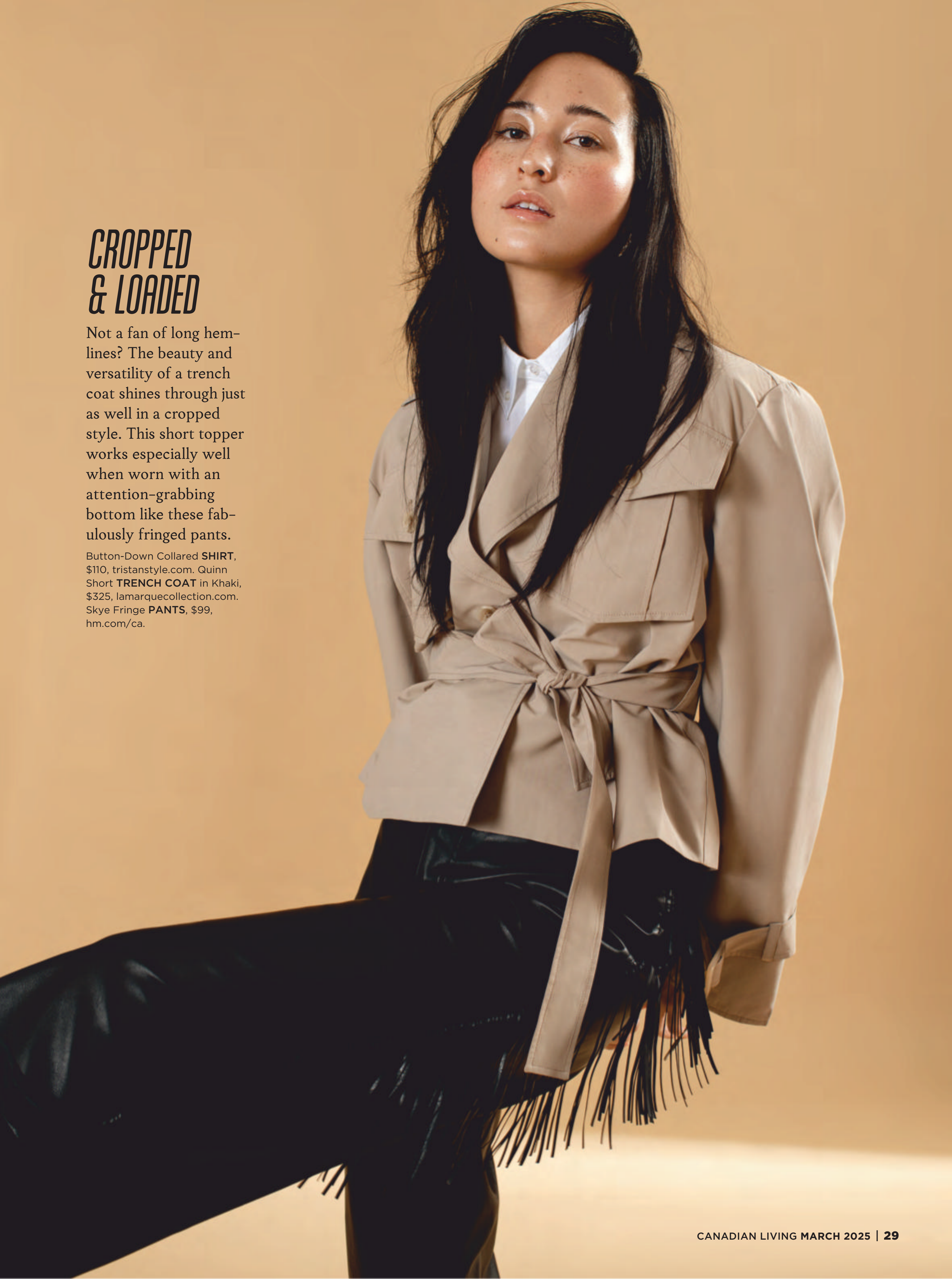
Round Neck Long-Sleeve Ribbed **TOP**, $55, tristanstyle.com. Scott **TRENCH COAT** in Camel, $440, sezane.com. Kelsie **BAG** in Black, $113, designlambert.com. Napoli Leather **LOAFERS** in Sage, $240, maguireshoes.com.



DREAMING OF DENIM

There's nothing quite like a Canadian tuxedo, but the look is elevated here with the addition of a bustier-style top. Perfect for the fashion risk-taker, this fit is a daring take on the trench coat trend.

Bandeau Bustier **TOP**, $60, hm.com/ca. Denim **TRENCH COAT** in Medium Denim, $130, reitmans.com. **JEANS** in Medium Stone Wash, $59, suzyshier.com. Maxi Puffy Gold-Plated Stud **EARRINGS**, $98, draecollection.com.



CROPPED & LOADED

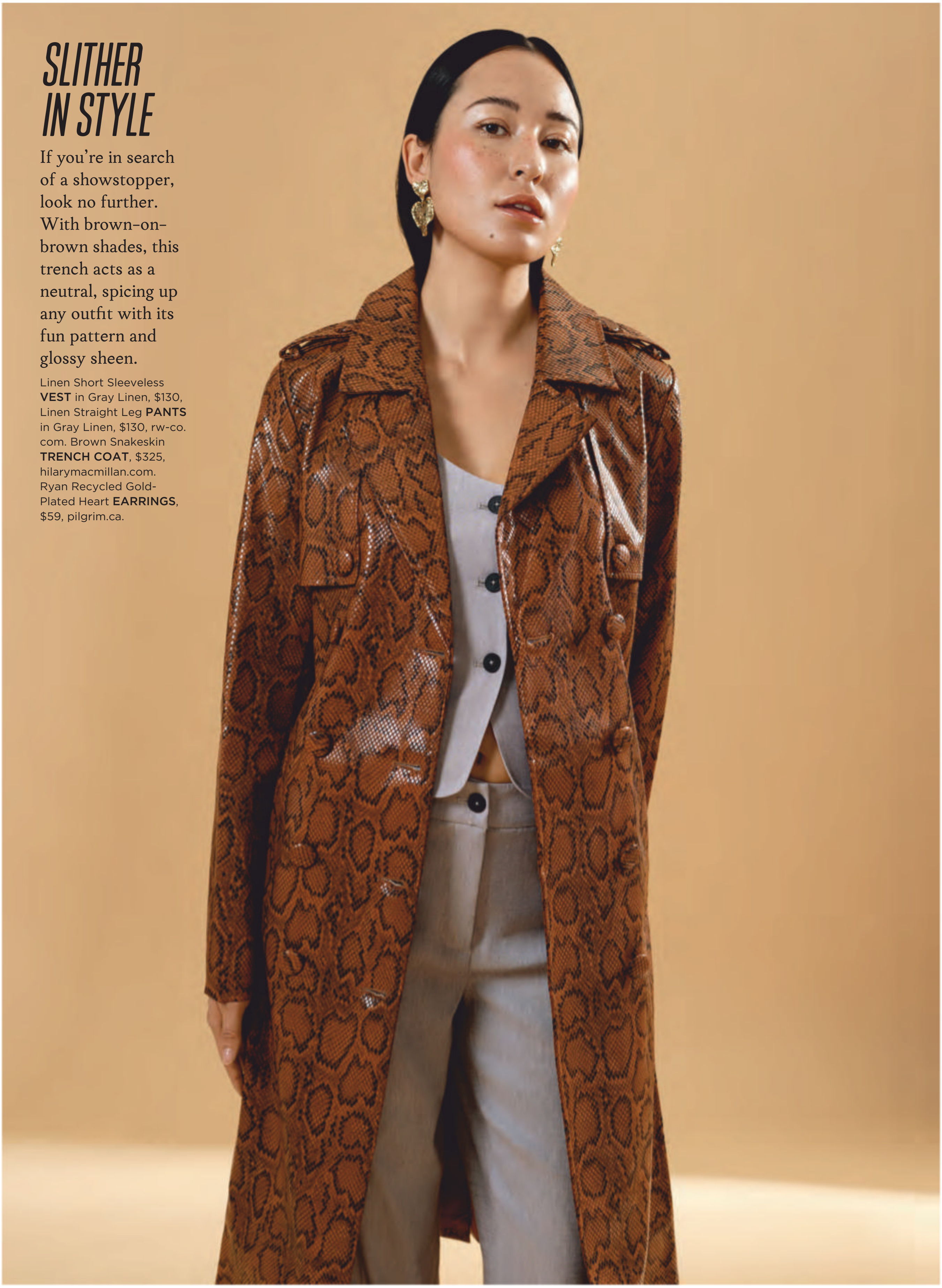
Not a fan of long hemlines? The beauty and versatility of a trench coat shines through just as well in a cropped style. This short topper works especially well when worn with an attention-grabbing bottom like these fabulously fringed pants.

Button-Down Collared **SHIRT**, $110, tristanstyle.com. Quinn Short **TRENCH COAT** in Khaki, $325, lamarquecollection.com. Skye Fringe **PANTS**, $99, hm.com/ca.

SLITHER IN STYLE

If you're in search of a showstopper, look no further. With brown-on-brown shades, this trench acts as a neutral, spicing up any outfit with its fun pattern and glossy sheen.

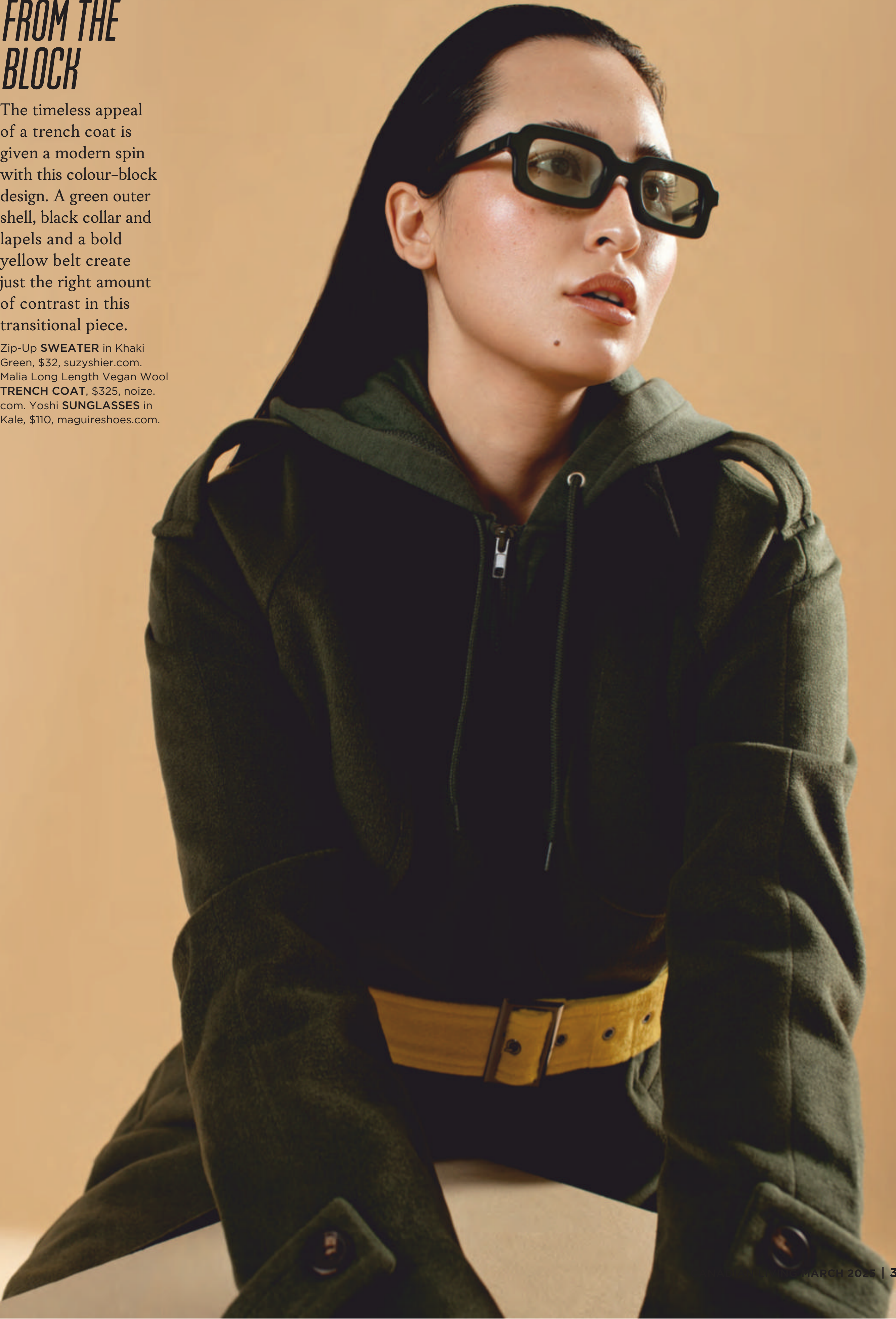
Linen Short Sleeveless **VEST** in Gray Linen, $130, Linen Straight Leg **PANTS** in Gray Linen, $130, rw-co.com. Brown Snakeskin **TRENCH COAT**, $325, hilarymacmillan.com. Ryan Recycled Gold-Plated Heart **EARRINGS**, $59, pilgrim.ca.



FROM THE BLOCK

The timeless appeal of a trench coat is given a modern spin with this colour-block design. A green outer shell, black collar and lapels and a bold yellow belt create just the right amount of contrast in this transitional piece.

Zip-Up **SWEATER** in Khaki Green, $32, suzyshier.com. Malia Long Length Vegan Wool **TRENCH COAT**, $325, noize.com. Yoshi **SUNGLASSES** in Kale, $110, maguireshoes.com.

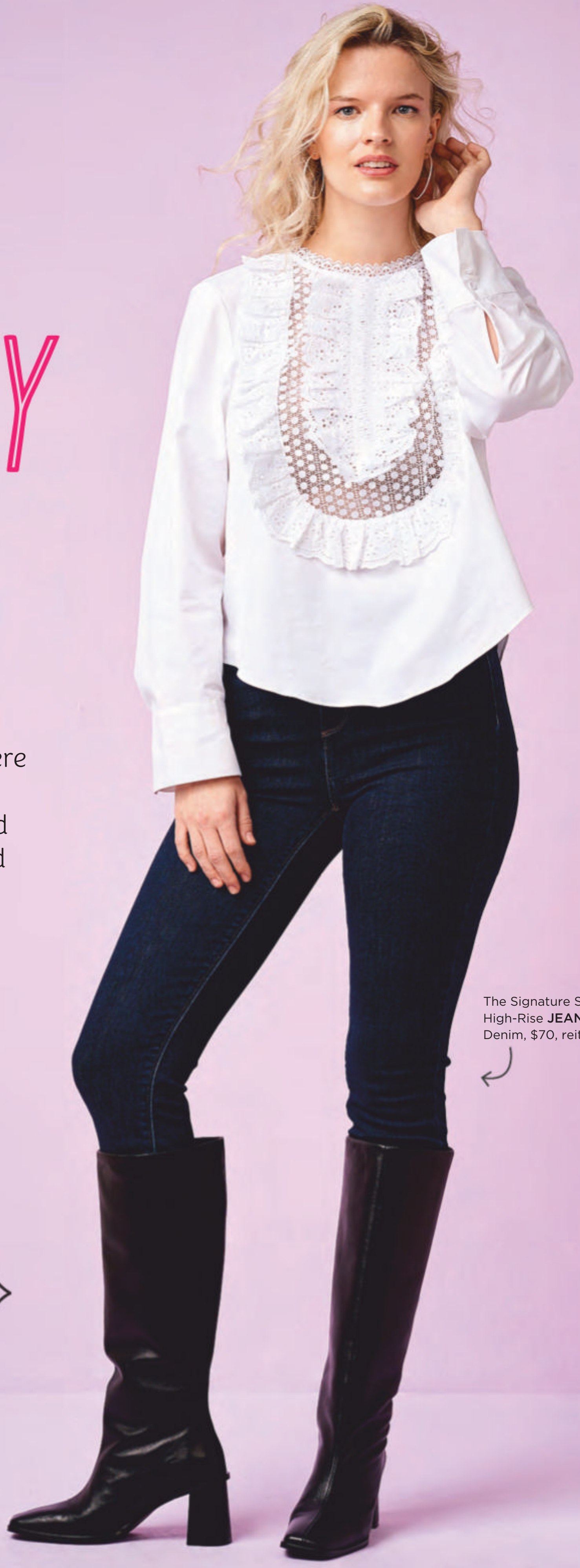


ONE PAIR OF SKINNY JEANS

3 LOOKS

If you thought skinny jeans were being tossed to the back of the closet in favour of wide-legged styles, think again! Get inspired with three easy looks starring this streamlined silhouette.

TEXT CHRISTINA ZISKO



The Signature Skinny-Leg High-Rise **JEANS** in Dark Denim, $70, reitmans.com.

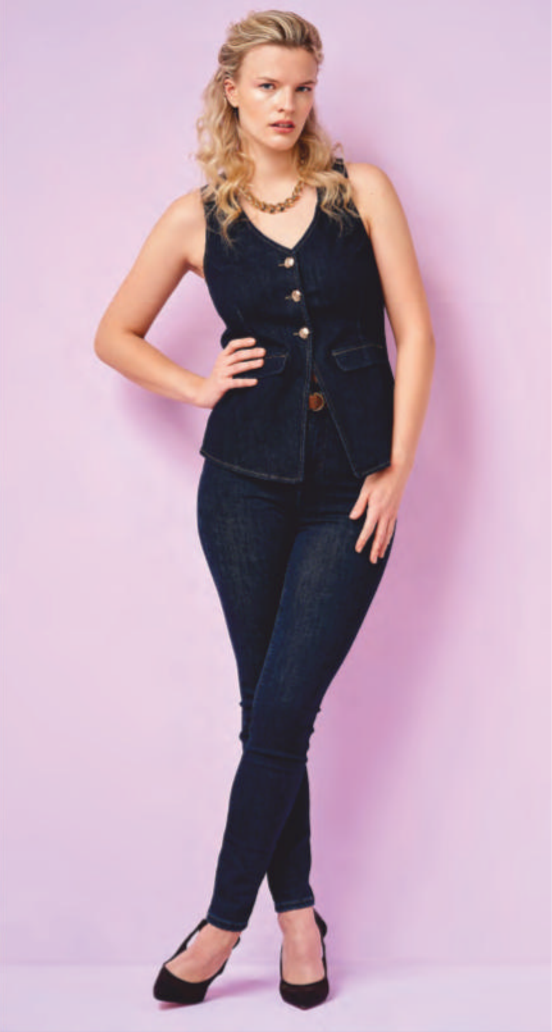
weeknight

High block-heeled boots and skinny jeans are a match made in heaven. With no extra fabric at your lower leg to wrestle with, the ensemble stays sleek (and chic!), and your footwear gets to be on full display.

Kate **BLOUSE**, $75, hm.com/ca. Maxi Bare Braided Sterling Silver-Plated Hoop **EARRINGS**, $106, draecollection.com. Lorca Leather **BOOTS** in Black, $360, maguireshoes.com.

PRODUCER, ISABELLE VALLÉE. PHOTOGRAPHY, JULIEN FAUGÈRE/C. STYLING, CAMILLE INTERNOSCIA. MODEL, SOPHIE-MARLÈNE (NEXT). MAKEUP, NATHALIE DODON

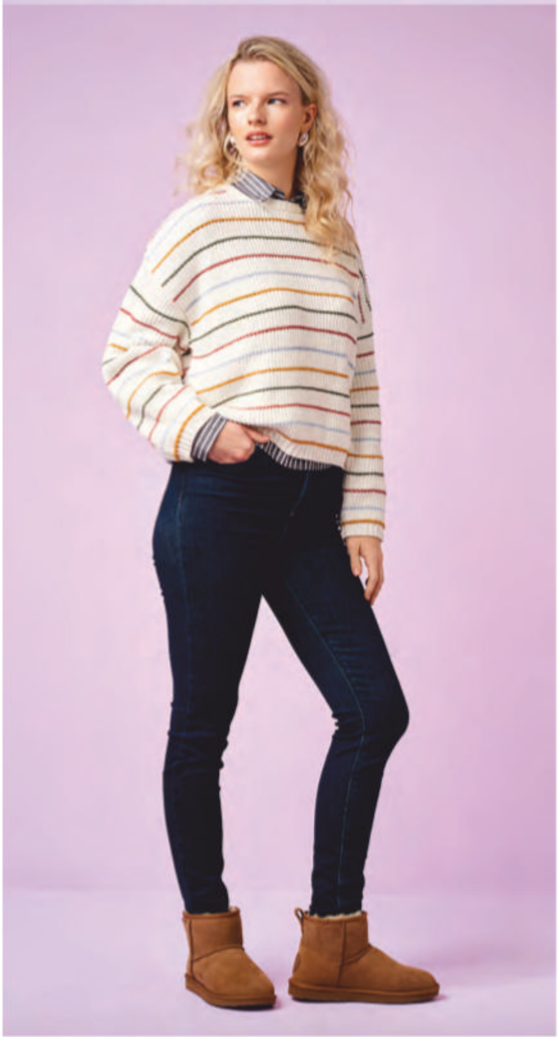
There are so many reasons to have a pair of skinny jeans in your wardrobe. This form-fitting cut accentuates your shape, lengthens the look of your legs and—our favourite—goes with just about everything, making it oh-so easy to style.



wow

Worn with narrow jeans, pointy-toe pumps lengthen the silhouette. Dress up your skinnies with a top that boasts metallic hardware like this denim number, and choose chunky jewellery in a similar tone for extra shine. It's a sophisticated aesthetic for a night on the town.

Denim **VEST**, $49, suzyshier.com. Dune Recycled Gold-Plated Chunky Links **NECKLACE**, $69, pilgrim.ca. Ebenezer **PUMPS** in Black, $90, aldoshoes.com.



weekend

Pairing slim-fitting jeans with a loose shirt and sweater combo helps to balance the proportions of this look. We love the stripe-on-stripe layering, which works because the lines vary in width, colour and direction for a fit that's complementary rather than clashing.

Loose Striped Cropped **SHIRT**, $95, tristanstyle.com. Multicolour Stripes **SWEATER**, $70, livom.ca. Dune Recycled Sterling Silver-Plated Large Chunky **EARRINGS**, $48, pilgrim.ca. Riverland Heritage Memory **BOOTS** in Chestnut, $85, yellowshoes.com.

GET THE LOOK

Feeling inspired? There are plenty of stylish skinny jeans on the market.

High-Waisted Rockstar Super-Skinny **JEANS** in Faded Medium Wash, $50, oldnavy.ca.

Suki Mid-Rise Skinny Luxe Stretch **JEANS** in Indigo $98, silverjeans.ca.

311 Shaping Skinny **JEANS** in Bloom Black, $100, levis.com.

join
the Canadian Living community
on our website and
social media!

Cook & Eat

Fashion
& Beauty

Health
& Fitness

Life
& Community

Home
& Garden

CanadianLiving.com

motivation of the month

ONE HOUR FOR EARTH

On March 22, from 8:30 to 9:30 p.m. (local time), people around the world will celebrate Earth Hour. Since 2007, this movement has invited us to switch off the lights and come together to protect our planet. Not only is it a time to reflect on the climate crisis and loss of nature, but it's also an opportunity to put our technological devices down and connect with friends and family. It's just one small action, but when performed with millions of people worldwide, it can make a big difference!

life & community

book club 36

like a pro 40

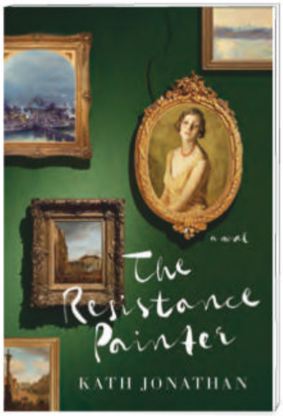
sustain-ability 42

PHOTOGRAPHY, ADOBE STOCK/E

COMMON GROUND

Our annual roundup of the top literary trends you'll see this year—we promise you'll love them all!

PRODUCER SUZANNE MOUTIS



TREND: The Past Comes Calling

We all know that, in the book world, secrets never stay buried, and searching for answers has been fodder for the best stories for centuries. The trend is front and centre this year with a collection of novels that place main characters returning home or venturing far afield and finding lies in what they thought was truth. Dig into the hidden family depths in these new and upcoming books.

The Day I Left You **HISTORICAL FICTION** (Simon & Schuster Canada) by Caroline Bishop, $25 **FEBRUARY 18**

The Tiger and the Cosmonaut **FICTION** (Viking Canada) by Eddy Boudel Tan, $27 **APRIL 29**

The Story She Left Behind **LITERARY FICTION** (Simon & Schuster Canada) by Patti Callahan Henry, $26 **MARCH 4**

The Resistance Painter **HISTORICAL FICTION** (Simon & Schuster Canada) by Kath Jonathan, $25 **MARCH 25**

A Killing Cold **THRILLER** (Flatiron Books) by Kate Alice Marshall, $39 **FEBRUARY 4**

SWEET FURY
a novel
SASH BISCHOFF

TREND: Vengeance is Hers

Revenge can be sweet, and in these novels it's a dish served stone cold—even if there's some angsty romance on the side. This year starts off strong with female characters—actors and warriors and spies and more—who are laser-focused on their own form of justice. Prepare for the power of women who roar in these new and upcoming releases.

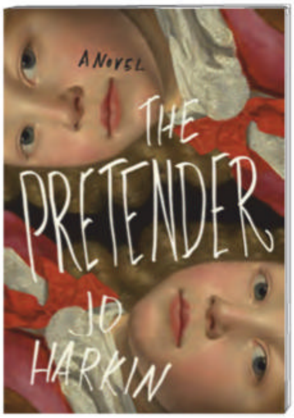
Sweet Fury **THRILLER** (Simon & Schuster) by Sash Bischoff, $28 **JANUARY 7**

Four Ruined Realms **FANTASY** (Entangled) by Mai Corland, $44 **JANUARY 7**

Bad Nature **LITERARY FICTION** (Henry Holt & Co.) by Ariel Courage, $39 **APRIL 1**

The Night Sparrow **HISTORICAL FICTION** (HarperCollins Publishers) by Shelly Sanders, $26 **APRIL 1**

Ace, Marvel, Spy **HISTORICAL FICTION** (Harper Muse) by Jenni L. Walsh, $24 **FEBRUARY 13**



TREND: Fiction From Fact

Stories that use real events for inspiration resonate with readers and writers, adding context and fresh perspectives, or just taking the 'truth is stranger than fiction' model as a base. That resonance is especially vibrant when the past is also personal, as in 2024's *The Storm We Made* by Vanessa Chan and Mark Blagrave's *Felt*, which weave in the authors' own family experiences. Go beyond the history books in these new and upcoming releases.

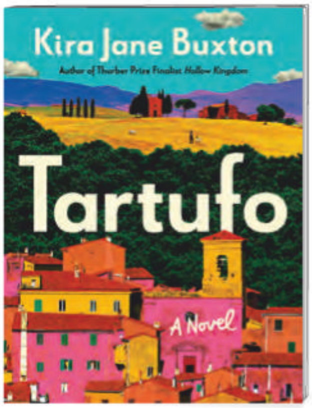
Harriet Tubman: Live in Concert **FICTION** (Gallery Books) by Bob the Drag Queen, $37 **MARCH 25**

The Paris Express **HISTORICAL FICTION** (HarperAvenue) by Emma Donoghue, $35 **MARCH 18**

The Pretender **HISTORICAL FICTION** (Knopf Canada) by Jo Harkin, $36 **APRIL 22**

We Would Never **LITERARY FICTION** (Avid Reader Press) by Tova Mirvis, $39 **FEBRUARY 11**

The Girl from Greenwich Street **HISTORICAL FICTION** (William Morrow) by Lauren Willig, $36 **MARCH 4**



TREND: Escapism? I'm In!

Literary wit and wisdom never goes amiss when the world looks a bit grim. And with the uncertainty we're all feeling these days, what could be better than a book that puts a smile on your face? This trend covers everything from discovering giant truffles in Italy to an obituary of an off-beat mom to the culmination of all our romantasy dreams (How can we resist you, *Onyx Storm*?). Find your next five-star read in one of these new and upcoming releases.

Tartufo **CONTEMPORARY FICTION** (Grand Central Publishing) by Kira Jane Buxton, $38 **JANUARY 28**

Babylonia **HISTORICAL FICTION** (HarperCollins Publishers) by Costanza Casati, $27 **JANUARY 15**

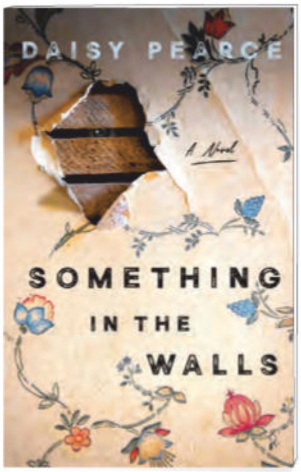
Dirtbag Queen **MEMOIR** (Grand Central Publishing) by Andy Corren, $39 **JANUARY 14**

Bearer of Bad News **MYSTERY** (Gallery Books) by Elisabeth Dini, $39 **APRIL 29**

What is Wrong with You? **CONTEMPORARY FICTION** (Atria Books) by Paul Rudnick, $39 **MARCH 25**

We've Decided to Go in a Different Direction **ESSAYS** (Gallery Books) by Tessa Sanchez, $39 **APRIL 1**

Three Days in June **LITERARY FICTION** (Alfred A. Knopf) by Anne Tyler, $28 **FEBRUARY 11**



TREND: Fresh Horror

Vampires, beasts, witches and ghosts: Scary, yes, but in the newish iteration of horror novels, it's palatable—really! Far from the slasher/over-the-top pulp novels of a generation ago, today's authors are following the more sophisticated, literary path laid down by genre-giant Stephen King to create well-rounded, gothic-inspired novels that leave you satisfyingly unsettled. Get your chills from one of these new and upcoming releases.

The Buffalo Hunter **HISTORICAL HORROR** (Simon & Schuster Canada) by Stephen Graham Jones, $37 **MARCH 18**

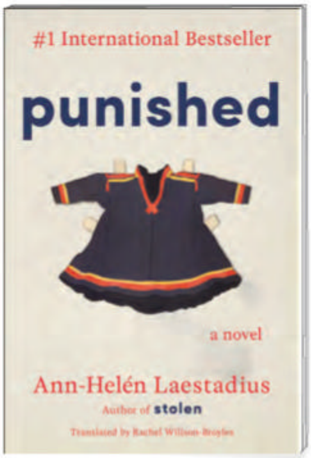
Witchcraft for Wayward Girls **FANTASY HORROR** (Berkley) by Grady Hendrix, $40 **JANUARY 14**

Bat Eater and other Names for Cora Zeng **MYSTERY HORROR** (MIRA) by Kylie Lee Baker, $36 **APRIL 29**

Something in the Walls **MYSTERY HORROR** (Minotaur) by Daisy Pearce, $37 **FEBRUARY 27**

Blood on Her Tongue **HISTORICAL HORROR** (Sourcebooks) by Johanna van Veen, $27 **MARCH 27**

Listen to Your Sister **THRILLER HORROR** (St. Martin's Press) by Neena Viel, $25 **FEBRUARY 4**


#1 International Bestseller
punished
a novel
Ann-Helén Laestadius
Author of stolen
Translated by Rachel Willson-Broyles

TREND: Found in Translation

We're casting a wide net for reading material this year. While translations of Scandinavian crime books and Japanese and Korean novels have been steadily on the rise, 2025 will see more of those, as well as Latin American and South American books. We're excited to discover what these different cultural perspectives can bring to our TBR list. Look beyond your usual book borders with one of these new and upcoming releases.

The Unworthy **HORROR** (Scribner) by Agustina Bazterrica, Sarah Moses (trans.), $26 **MARCH 4**

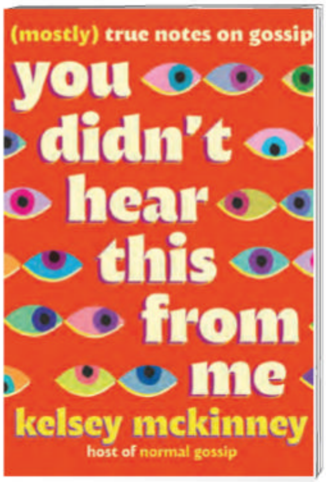
The Katharina Code **THRILLER** (Simon & Schuster Canada) by Jørn Lier Host, Anne Bruce (trans.), $27 **JANUARY 21**

We Do Not Part **HISTORICAL FICTION** (Hogarth) by Han Kang, E. Yaewon and Paige Aniyah Morris (trans.), $38 **JANUARY 21**

Punished **HISTORICAL FICTION** (Simon & Schuster Canada) by Ann-Helén Laestadius, Rachel Willson-Broyles (trans.), $26 **FEBRUARY 4**

Dengue Boy **Speculative FICTION** (McClelland & Stewart) by Michel Nieva, Rahul Berry (trans.), $25 **FEBRUARY 4**

Death Takes Me **MYSTERY** (Hogarth) by Christina Rivera Garza, Robin Myers and Sarah Booker (trans.), $38 **FEBRUARY 25**



TREND: Conversation Starters

If you're a reader who likes to be educated and have passionate intellectual discussions about the things you've learned, 2025 is your year. There's a host of intriguing books—both fiction and non—from unforgettable voices that shine a light on topics such as AI, unreliable news, the West's role in the world, gossip, North American Nazis and reconciling life after the unthinkable happens. Explore the zeitgeist in these new and upcoming books.

Universality LITERARY FICTION (Alfred A. Knopf Canada) by Natasha Brown, $34 **MARCH 4**

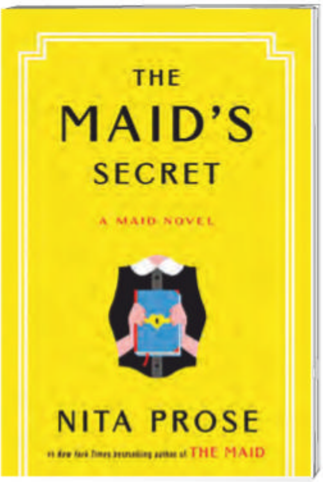
One Day Everyone Will Have Always Been Against This SOCIAL JUSTICE (McClelland & Stewart) by Omar El Akkad, $36 **FEBRUARY 25**

You Didn't Hear This from Me: (Mostly) True Notes on Gossip MEMOIR (Grand Central Publishing) by Kelsey McKinney, $39 **FEBRUARY 11**

Death of the Author SCIENCE FICTION (William Morrow) by Nnedi Okorafor, $37 **JANUARY 14**

We, the Kindling LITERARY FICTION (Alchemy by Knopf Canada) by Otoniya J. Okot Bitek, $33 **FEBRUARY 4**

Codename: Pale Horse: How I Went Undercover to Expose America's Nazis MEMOIR (Atria Books) by Scott Payne with Michelle Shephard, $39 **MARCH 25**



TREND: Agatha, Always

The Queen of Crime is forever in fashion—the mystery entries in 2025 prove that. From locked rooms and isolated locations to tricky solutions and quirky sleuths, cozies are taking a page (haha!) from the playbook of the iconic Detection Club (five members star in Marie Benedict's *The Queens of Crime*!). Channel the Golden Age of Detective Fiction in one of these new and upcoming releases.

The Queens of Crime HISTORICAL FICTION (St. Martin's Press) by Marie Benedict, $39 **FEBRUARY 11**

Murder Runs in the Family MYSTERY (Sourcebooks) by Tamara Berry, $27 **APRIL 29**

She Doesn't Have a Clue ROM COM MYSTERY (Minotaur) by Jenny Elder Moke, $23 **JANUARY 21**

The Maid's Secret MYSTERY (Viking) by Nita Prose, $27 **APRIL 8**

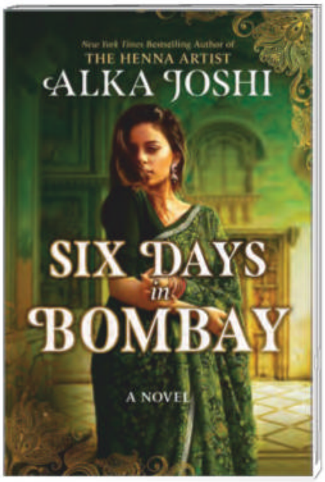
The Other People MYSTERY (Atria Books) by C.B. Everett, $39 **MARCH 25**

Murder at Gull's Nest MYSTERY (Atria Books) by Jess Kidd, $27 **APRIL 8**

The Antique Hunter's Death on the Red Sea MYSTERY (Simon & Schuster Canada) by C.L. Miller, $25 **FEBRUARY 18**

Murder in Tinseltown MYSTERY (Harper North) by Max Nightingale, $35 **JANUARY 21**

Pomona Afton Can So Solve a Murder MYSTERY (Atria Books) by Bellamy Rose, $37 **MARCH 18**



TREND: Self-Discovery

Coming of age is often thought of as something you do as you transition from pre-teen to teen or teen to adult, but the reality is that for women, especially, discovering who we are is an ongoing exploration that happens over a lifetime. These books reflect that, with authors and characters that are finally happy in their own skin in middle age and beyond. See if these searches for self strike a chord in these new and upcoming releases.

The Book Club for Troublesome Women HISTORICAL FICTION (Harper Muse) by Marie Bostwick, $24 **APRIL 22**

How to Survive a Bear Attack MEMOIR (Knopf Canada) by Claire Cameron, $35 **MARCH 25**

Finding Flora HISTORICAL FICTION (Simon & Schuster Canada) by Elinor Florence, $25 **APRIL 1**

More or Less Maddy FICTION (Simon & Schuster Canada) by Lisa Genova, $27 **JANUARY 14**

It Must Be Beautiful to Be Finished MEMOIR (Scribner Canada) by Kate Gies, $37 **FEBRUARY 4**

Broken Country LITERARY FICTION (Simon & Schuster) by Clare Leslie Hall, $39 **MARCH 4**

Six Days in Bombay HISTORICAL FICTION (MIRA) by Alka Joshi, $36 **APRIL 15**

All the Parts We Exile MEMOIR (Knopf Canada) by Roza Nozari, $35 **FEBRUARY 25**

SLOW BURN

Firebird ROMANTASY (TOR) by Juliette Cross, $44 **APRIL 8**

The Trouble with Anna REGENCY (Gallery Books) by Rachel Griffiths, $27 **MARCH 4**

Shoot Your Shot SPORTS (Canary Street Press) by Lexi LaFleur Brown, $37 **MARCH 11**

The Lodge COZY (Atria Books) by Kayla Olson, $25 **JANUARY 7**

You and Other Natural Disasters CONTEMPORARY (Sourcebooks) by Maria Martinez, $27 **APRIL 8**

The Dark Mirror ROMANTASY (Bloomsbury) by Samantha Shannon, $42 **FEBRUARY 25**

Immortal ROMANTASY (Harper Voyager) by Sue Lynn Tan, $39.50 **JANUARY 7**

CHANCE ENCOUNTERS

Dream Girl Drama SPORTS (Avon) by Tessa Bailey, $24 **FEBRUARY 4**

Unromance CONTEMPORARY (Forever) by Erin Conner, $24 **JANUARY 14**

Pucked Over SPORTS (Entangled) by Helena Hunting, $24 **FEBRUARY 11**

Say You'll Remember Me CONTEMPORARY (Forever) by Abby Jimenez, $26 **APRIL 1**

FORCED PROXIMITY

All the Missing Pieces SUSPENSE (Sourcebooks) by Catherine Cowles, $27 **JANUARY 7**

Blood Moon SUSPENSE (Grand Central) by Sandra Brown, $39 **MARCH 4**

Beautiful Exile SUSPENSE (Sourcebooks) by Catherine Cowles, $29 **MARCH 18**

The Strawberry Patch Pancake House COZY (One More Chapter) by Laurie Gilmore, $24 **MARCH 18**

The Starlight Heir ROMANTASY (Avon) by Amalie Howard, $24 **JANUARY 7**

Any Trope But You CONTEMPORARY (Atria Books) by Victoria Lavine, $26 **APRIL 1**

A Lady Would Know Better REGENCY (Entangled) by Emma Theriault, $24 **JANUARY 28**

FOLLOW YOUR HEART

WHETHER YOU LIKE SPICY, SWEET OR SOMETHING IN BETWEEN, THESE NEW LOVE STORIES WILL HAVE YOU SWOONING!

ENEMIES TO LOVERS

Into the Woods CONTEMPORARY (Forever) by Jenny Holiday, $24 **JANUARY 7**

Enchantra ROMANTASY (Forever) by Kaylie Smith, $20 **APRIL 8**

Go Luck Yourself FANTASY (TOR) by Sara Raasch, $27 **MARCH 11**

Watch Me ROMANTASY (Storytide) by Tahareh Mafi, $27 **APRIL 15**

Deep End SPORTS (Berkley) by Ali Hazelwood, $40 **FEBRUARY 4**

Great Big Beautiful Life CONTEMPORARY (Berkley) by Emily Henry, $39 **APRIL 22**

Playing Flirty CONTEMPORARY (Forever) by Shameez Patel, $24 **JANUARY 14**

FAKE DATING

The Empress ROMANTASY (Sourcebooks) by Kristin Cast, $29 **JANUARY 7**

Spiral SPORTS (Viking) by Bal Khabra, $25 **JANUARY 28**

Once Smitten, Twice Shy CONTEMPORARY (Berkley) by Chloe Liese, $26 **JANUARY 14**

The Matchmaker SUSPENSE (Bantam) by Aisha Saeed, $25 **APRIL 8**

Story of My Life ROM COM (Sourcebooks) by Lucy Score, $29 **MARCH 11**

Wildest Dreams CONTEMPORARY (Sourcebooks) by L.J. Shen, $29 **APRIL 8**

Celebrity Crush CONTEMPORARY (Forever) by Christy Swift, $24 **FEBRUARY 11**

Just Our Luck CONTEMPORARY (Berkley) by Denise Williams, $26 **MARCH 25**

SECOND CHANCE

Out of the Woods CONTEMPORARY (Dell) by Hannah Bonam-Young, $25 **JANUARY 28**

A Forty-Year Kiss CONTEMPORARY (Sourcebooks) by Nickolas Butler, $27 **FEBRUARY 4**

The Favorites SPORTS (Random House) by Layne Fargo, $38 **JANUARY 14**

You Between the Lines CONTEMPORARY (Grand Central) by Katie Naymon, $24 **FEBRUARY 18**

The Shots You Take SPORTS (Carina Press) by Rachel Reid, $24 **MARCH 4**

Wild and Wrangled CONTEMPORARY COWBOY (Dial Press) by Lyla Sage, $25 **APRIL 15**

Get Lost with You COZY (St. Martin's Press) by Sophie Sullivan, $24 **FEBRUARY 11**

Only in Your Dreams SPORTS (Atria Books) by Ellie K. Wilde, $26 **JANUARY 21**

PICTURE PERFECT

Tired of asking to see a photo of yourself, only to realize you don't like how you look? We asked a professional photographer for her tips on taking a flattering photo every time.

TEXT MARIE WAINE

1

HOW SHOULD I POSE?

If you've ever frozen in front of the camera or been unsure of what to do with your hands, you aren't alone. "I always say to people to separate their limbs," says Toronto lifestyle and portrait photographer Erin Leydon. "It's about creating triangles and spaces between your arms and legs and your torso." Try putting a bend in your knee and a hand on your hip or in your pocket. You can also shift your weight to your back leg and pop your hip to create a more interesting silhouette.

2

HOW DO I AVOID A FAKE-LOOKING SMILE?

"I usually ask people to start fake laughing," says Leydon. Yes, she says, that means saying Ha ha ha. "It can feel awkward at first, but it usually turns into a real laugh, and you get a genuine smile." Take a few photos that way—the moment in between starting to laugh and ending is usually when you get a genuine smile. If you're wondering whether you should show teeth or not, Leydon says that's a personal preference. "We tell people to pose with a face that represents them the most," she says. "Some people want to be perceived as a little more serious...just be you!"

3

HOW DO I GET RID OF A DOUBLE CHIN?

If you're concerned about your jawline, Leydon says it's best to stick your chin out and down rather than lift it, which can throw off your eye level and ability to connect with the camera. "You can also put your tongue to the roof of your mouth, and that really helps with any double-chin worries," says Leydon. She also suggests sitting, if possible, leaning forward and using the same 'chin out and down' advice.

4

WHAT ANGLE IS BEST?

There's no one-size-fits-all for how to angle your face toward the camera—it's all about learning what you like best for yourself. "Knowing yourself and knowing how to pose is 80 percent of looking good in a photo," says Leydon. If you're wondering what angle works best, or what 'best' even means, Leydon suggests playing around in front of the mirror or going online and watching how-to videos ahead of a photoshoot or event where you'll be in lots of pictures. "Once you get used to it, you'll become much more comfortable with yourself and more confident, too," she says.

5

HOW CAN I FEEL MORE COMFORTABLE IN FRONT OF THE CAMERA?

When we look at ourselves in the mirror, we usually hold our head a certain way, maybe purse our lips or even bring a shoulder forward—we're constantly working to see ourselves how we want to be seen. "Taking a photo is all about how other people see you—the real you, which is an even better version anyway," says Leydon. Start to get used to the way you naturally move and how you look when a mirror isn't in front of you. "The more comfortable you are with yourself, the better you'll feel in photos."

6

HOW CAN I STRESS LESS ABOUT TAKING PICTURES?

"A lot of people get really in their heads about having a photo taken," says Leydon. Whether it's for work or for posting on social media, we put a lot of pressure on ourselves to look our best in an unnatural situation. The comparison game we play doesn't help. "We're all inclined to think so negatively about ourselves, but having your picture taken should be a fun experience," she says. If you need to get in a positive headspace before an event where you know the flash will be going off nonstop, Leydon suggests quick meditation. It's about being in a happy mood and letting that shine through. "Remember to see the process as a learning experience," she says. And if the photo doesn't turn out exactly how you want it to? "Try, try again."

WANT TO SNAP A FLATTERING SELFIE?

CHECK YOUR LIGHTING

Don't put your back to the window. "See where the sun is in the sky and position yourself with that light on you," says photographer Erin Leydon.

PLAY WITH ANGLES

Leydon says to turn your face in a circle, like a clock, to find what angle best shows off the features you want to play up.

USE THE MAIN CAMERA INSTEAD OF SELFIE MODE

"Use the main camera on a timer and turn the lens toward you," says Leydon. "You'll have fun playing around, and sometimes the quality is a bit better."

PHOTOGRAPHY, ISTOCKPHOTO/E, ADOBE STOCK/E

Healthy DOES IT

While we love a spring deep clean, harsh chemicals can leave a lingering smell, and some commonly used ingredients have even been proven to disrupt our hormones. All these things are a no-go when we're trying to be healthier and more eco-conscious. The next time you're on the hunt for new home and personal-care products, try one of these nontoxic options.

TEXT MARIE WAINE

THE WHOLE HOUSE

This multipurpose cleaner is diluted with water to make all-purpose, bathroom and streak-free solutions in reusable spray bottles. It's fragrance-free, plant- and mineral-based and biodegradable, making it safe for use everywhere from the kitchen to your pet's favourite toy.

Branch Basics **CLEANING ESSENTIALS KIT**, $96, naturesante.ca.

BRANCH BASICS
BATHROOM
BRANCH BASICS
ALL-PURPOSE
BRANCH BASICS
STREAK-FREE
BRANCH BASICS
THE CONCENTRATE

PHOTOGRAPHY, ADOBE STOCK/E

Custom Conditioner
Sarah
prose
Custom Shampoo
Michelle
prose

SHAMPOO & CONDITIONER

Not only is Prose phthalate- and sulfate-free (they can dry out your hair and irritate your scalp), it's also customizable to you. Take the brand's online quiz to answer questions that range from how oily your hair is to how often you heat-style—you'll receive a formula recommendation that addresses your specific needs.

PROSE Custom Shampoo and Conditioner, $40 each, prose.com.

DISHWASHER

Many eco-friendly dishwashing detergents struggle to remove stuck-on food, but not Puracy. These chlorine bleach-, SLES- and phosphate-free pods will leave your dishes spotless without any film or residue. **BONUS:** The packaging for each pod is biodegradable, too!

Puracy Dishwasher **DETERGENT PACS**, $23, amazon.ca.

Spotless, sparkling, squeaky-clean dishes, no matter how hard your water is
puracy
DISHWASHER DETERGENT PACS
free & clear
works better when you skip the pre-rinse
50

BEDDING

These organic cotton sheets are GOTS certified, so you can enjoy a breathable, comfortable sleep knowing your bedding is responsibly made and free of synthetic pesticides and fertilizers.

Coyuchi Organic Cotton Crinkled Percale **QUEEN SHEET SETS** in Sedona and Surf Chambray, $289 each, resthousesleep.com.

MATTRESS

We spend one-third of our lives in our beds, so why not change out your mattress for something free from toxins and chemicals? Organic mattresses tend to be more durable, are less likely to off-gas and are naturally hypoallergenic. This one from the Canadian brand Silk & Snow easily regulates temperature for your healthiest sleep yet.

The S&S Organic Firm Queen **MATTRESS**, $1,250, silkandsnow.com.

FLOOR MOP

This spray mop removes more than 99 percent of bacteria with just water, keeping floors clean without harsh chemicals. What's more, the microfibre mop head is reusable—simply toss it in the wash between cleaning sessions!

Vileda ProMist MAX Microfibre **SPRAY MOP**, $32, canadiantire.ca.

TOWELS

These plush and absorbent organic, fair-trade bath towels from the Canadian brand Takasa are free from harmful chemicals and certified by GOTS. Choose from four earth-friendly colours.

Organic and Fair-trade Cotton **BATH TOWELS** in Natural, Alps, White, Desert, $88 each, takasa.co.

LAUNDRY

If you're looking for a laundry detergent that's free from synthetic dyes, fragrances and toxins, try Molly's Suds. It's strong enough to remove tough stains while still being safe for sensitive skin. Plus, it's available in an unscented option as well as five plant-derived scents.

Molly's Suds Unscented **LAUNDRY POWDER**, $23, naturamarket.ca.

MOLLY'S SUDS
LAUNDRY POWDER
SAFER INGREDIENTS
POWERFUL CLEAN
UNSCENTED

PAINT

We love a fresh paint job after a long, dark winter. Benjamin Moore's Eco Spec line contains zero VOCs and is asthma- and allergy-friendly. Plus, it has minimal odour, so no more "wet paint" smell.

PREMIUM COMMERCIAL COATINGS
Benjamin Moore
ECO SPEC WB
ENHANCED WATERBORNE FORMULA
Interior Latex Eggshell Finish

Eco Spec **PAINT**, benjaminmoore.ca.

DISH SOAP

If you're worried that a plant-derived dish soap won't cut through grease and grime like some other brands, you need to try Ecover. The fragrance-free and biodegradable formula comes in a bottle made with recycled and plant-based plastics.

Ecover Zero Fragrance Free **DISH SOAP**, $5.50, well.ca.

ecover
ZERO
Dish Soap
Liquide à Vaisselle
Powerfully cuts through grease
Dissout efficacement la graisse

Nécessaire
The Body Wash
Le Nettoyant Corps
EUCALYPTUS

BODY WASH

This nourishing body wash takes away the dirt and debris from the day while offering a spa-like experience everyone will enjoy. Made with niacinamide, plant extracts and fatty acid-rich oils, but without SLS, silicones or phthalates, this soothing cleanser locks in moisture without stripping your skin. The Body Wash is also available in a fragrance-free option.

NÉCESSAIRE The Body Wash in Eucalyptus, $52, sephora.ca.

GLOSSARY

PHOSPHATES

Chemical compounds containing phosphorus, used to boost efficiency in cleaning products, but can create algae blooms that starve aquatic life.

SLS/SLES

AKA sodium lauryl sulfate and sodium laureth sulfate—surfactants that make products bubble and foam but can irritate the skin, eyes and respiratory tract.

PHTHALATES

A group of compounds that act as solvents, stabilizers and plasticizers in personal-care products but are linked to endocrine disruption and reproductive issues.

VOCS

AKA volatile organic compounds. Gases emitted by some products that can cause nausea, headaches, dizziness and more.

GOTS:

The Global Organic Textile Standard. The worldwide leader for processing and manufacturing textiles.

health hack
of the month

DIGEST & REST

Did you know that how you sleep affects symptoms of acid reflux and gastro-esophageal reflux (GERD)? Here are some science-backed tips so you can sleep easy.

✓ Wait two to three hours after eating before lying down; acid reflux worsens when reclining because gravity no longer helps keep stomach acid down.

✓ If you're a side-sleeper, starting out on the left side can reduce exposure of stomach acid to the esophagus.

✓ Elevating the head of the bed (not just the pillows under your head) can help relieve GERD symptoms.

health & fitness

superfood 46

nutrition 48

PHOTOGRAPHY, SHUTTERSTOCK/E

Good health with ghee

Ghee has been used in traditional Ayurvedic medicine and South Asian and Middle Eastern cuisines for millennia. This superfood is a type of clarified butter, but the process sets it apart. Ghee is made at a lower temperature than other clarified butters, which helps to maintain its nutrient profile. While more research into ghee's potential health benefits is needed, studies suggest that there is more to learn, especially as a carrier for other healthful herbs. Here, we tell you all you need to know about adding ghee to your diet.

TEXT MADELEINE LAVIN

THE BENEFITS

Go for Ghee

While ghee and butter have very similar nutrient profiles, there are some key differences that might make ghee your new go-to oil. Milk solids found in butter are removed through the clarifying process, which means it contains extremely low levels of lactose and casein—milk sugars and proteins—making it a good choice for those who are lactose intolerant. Ghee also has a higher smoke point than butter and some seed and nut oils, which means it can withstand higher temperatures before the fat begins to break down, giving it the advantage for high-heat frying or sautéing. Since it is pure fat, ghee keeps longer than butter and does not need to be refrigerated; however, like coconut oil, it may become solid when stored at cooler temperatures. As with butter and other fats, ghee should be consumed in moderation.

Nourishing Nutrients

Ghee is a rich source of many nutrients, including healthy fats, antioxidants and vitamins. Many of its health benefits can be attributed to omega-3 and -6 fatty acid content, which are linked to better digestion, immune function and brain health. Fatty acids also contribute to anti-inflammatory and antioxidant activity in the body. Ghee is a good source of many vitamins, including vitamins A, D, E and K. Studies show that eating fat-rich foods like ghee increase the bioavailability of certain vitamins and minerals, which helps your body to better absorb nutrients when combined with other healthy foods. Try eating ghee with foods rich in fat-soluble vitamin A, such as fish or squash, to boost the benefits for eyes and skin.

Supple Skin

The same fats, antioxidants and vitamins are also excellent for your skin, whether you apply ghee topically or ingest it. Ghee is a superb natural moisturizer thanks to its high levels of fatty acids. It also contains squalene, an antioxidant and familiar skin-care ingredient, which helps protect the skin from free radicals and oxidative damage. Its vitamin content promotes collagen production and prevents premature aging. What's more? Ghee also been shown to have anti-inflammatory and antibacterial properties that can aid in wound healing.

BEAUTY NOTES

GET GHEE'S BENEFITS BY TRYING OUT ONE OF THESE CANADIAN-MADE CREATIONS.

PRASAD
Organic GHEE

PRASAD AYURVEDA Organic Ghee, $25, prasadayurveda.com.

Nature Kissed
Ghee Glow Lotion Bar

NATUREKISSED Ghee Glow Lotion Bar, $19, naturekissed.com.

sahajan
GOLDEN GLOW EYE BALM

SAHAJAN Golden Glow Eye Balm, $70, sahajan.ca.

PHOTOGRAPHY, TANGO/C. FOOD STYLING, NATALY SIMARD. PROP STYLING, CAROLINE SIMON. PLATE, INDIGO

SALMON KEDGEREE

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

225 g	skinless salmon fillets
1 tsp	vegetable oil
3/4 tsp	salt, divided
1/4 tsp	pepper, divided
1 tbsp	ghee
1	small onion, chopped
2 tsp	minced ginger
2 tsp	curry power
1/4 tsp	turmeric
3	cardamom pods, broken (optional)
1	bay leaf
1 cup	basmati rice
1 1/2 cups	sodium-reduced chicken broth
1 cup	frozen peas
2 tbsp	chopped fresh cilantro
2 tbsp	chopped fresh flat-leaf parsley
5	hard-cooked eggs, quartered
chopped fresh dill	

Preheat oven to 400°F. On greased baking sheet, brush salmon with oil; sprinkle with half each of the salt and pepper. Bake until fish flakes easily when tested with a fork, about 20 minutes. Flake into about 2-inch chunks; set aside.

Meanwhile, in saucepan, melt ghee over medium heat. Add onion; cook until softened and golden, about 8 minutes.

Stir in ginger, curry powder, turmeric, cardamom pods (if using), bay leaf, and remaining salt and pepper; cook until fragrant, about 30 seconds. Stir in rice; cook, stirring constantly, for 1 minute.

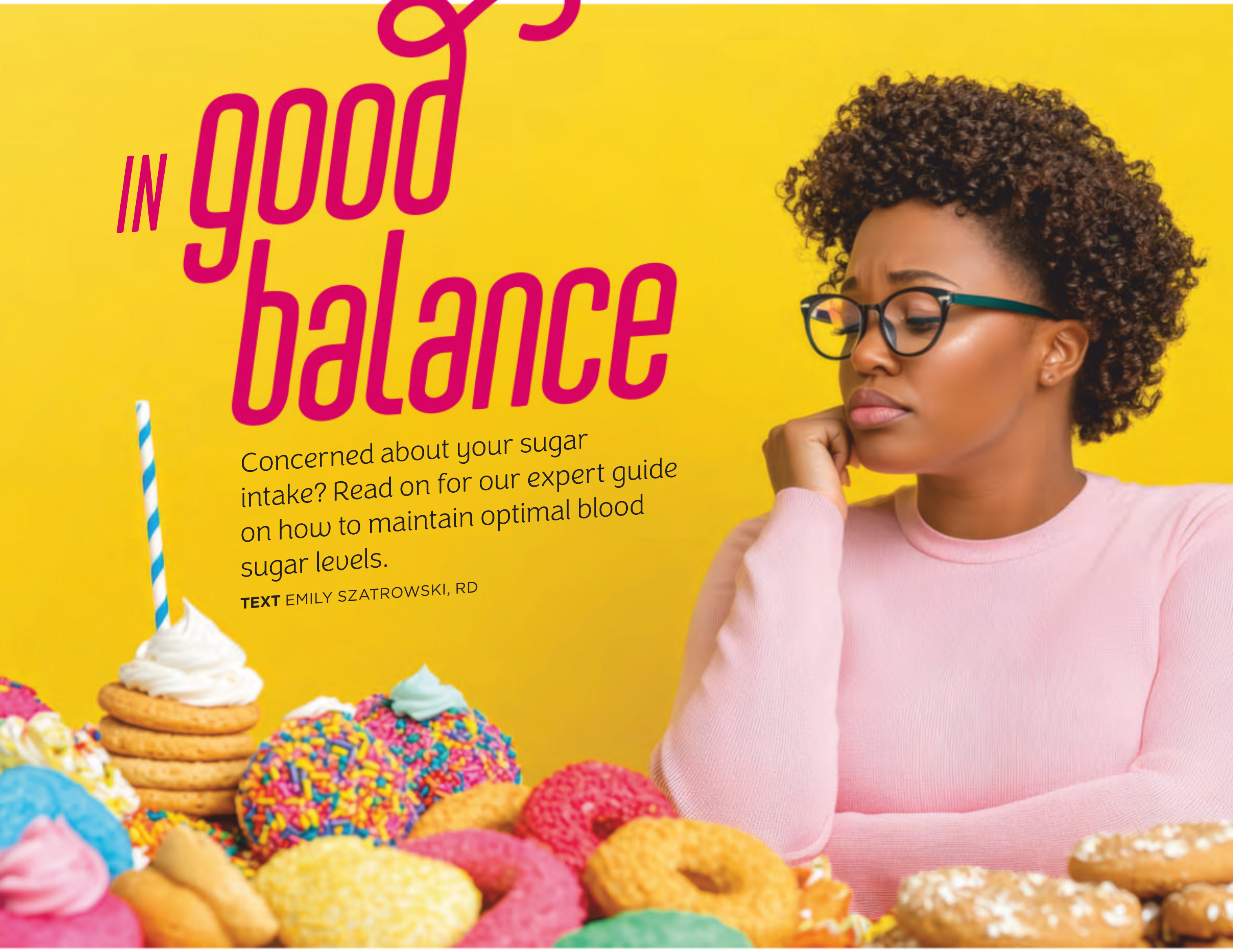
Add broth; bring to boil. Cover and reduce heat; simmer until rice is tender and liquid has evaporated, about 20 minutes. Remove from heat. Stir in peas, cilantro and parsley; let stand, covered, for 2 minutes. Discard bay leaf. Gently stir in salmon. Transfer mixture to serving platter; arrange eggs on top. Sprinkle with chopped fresh dill before serving.

PER SERVING about 413 cal, 23 g pro, 15 g total fat (5 g sat. fat), 45 g carb, 222 mg chol, 765 mg sodium.

IN good balance

Concerned about your sugar intake? Read on for our expert guide on how to maintain optimal blood sugar levels.

TEXT EMILY SZATROWSKI, RD



Keeping your blood sugar balanced is key to feeling your best and supporting your overall health. Steady blood sugar levels help you maintain consistent energy throughout the day, support mood stability and reduce the risk of chronic conditions like type 2 diabetes and heart disease.

Blood sugar isn't just a concern for people with diabetes. When we eat carbs, they break down into glucose (sugar) that enters the bloodstream. Insulin, a hormone made by the pancreas, moves glucose from the blood into the cells to use for energy or store for later. For most people without diabetes, blood sugar stays in a healthy range, managed naturally by hormones, and the small fluctuations before and after eating are not detrimental to health.

However, when someone frequently consumes foods or drinks that cause sharp increases in blood sugar, the pancreas must release large amounts of insulin to lower the blood sugar quickly. Over time, this can lead to insulin resistance, whereby the body's cells become less responsive to insulin, forcing the pancreas to produce even more insulin to achieve the same effect.

As insulin resistance worsens, the pancreas struggles to keep up with the demand for insulin. Eventually, blood sugar levels remain high, leading to prediabetes. If the pancreas can no longer produce enough insulin to control blood sugar, type 2 diabetes develops. So as a healthy person without the disease, learning about what affects your blood sugar may help you prevent developing type 2 diabetes.

Even without diabetes, big swings in blood sugar can leave you with low energy, cravings, intense hunger, brain fog and fatigue. Remember that morning when you grabbed a doughnut and a sugary coffee? It probably gave you a quick energy boost but had you crashing by mid-morning. Low blood sugar can feel like hunger, dizziness or a bad mood, making it tempting to reach for more sugar and start the cycle again. Avoiding that blood sugar rollercoaster is all about balance.

PHOTOGRAPHY, ADOBE STOCK/E

Try these practical strategies to help you maintain steady blood sugar levels, so you can feel energized and focused all day.

1.

Build balanced meals

Balanced meals containing protein, healthy fats and fibre are your best allies for stable blood sugar.

PROTEIN Takes the body longer to digest, which slows the emptying of the stomach into the small intestine, thereby helping to moderate the release of glucose into the bloodstream. Some great sources of protein include chicken, fish, seafood, beef, pork, eggs, beans, lentils, chickpeas, tofu, nuts, milk, cheese, yogurt and cottage cheese.

FAT Delays stomach emptying, moderating glucose release into your bloodstream. Try avocados, nuts, seeds and olive oil.

FIBRE Slows digestion of carbs, preventing blood sugar spikes. Load up on vegetables, fruits, whole grains, legumes, nuts and seeds. Bonus: Fibre supports gut health and keeps you feeling satiated.

2.

Choose complex carbs over refined carbs

As already mentioned, carbohydrates are the macronutrient that affects blood sugar most because they break down into glucose.

But not all carbs are created equal. Complex carbs contain more fibre, protein and/or fat, plus other nutrients, compared to refined carbs (aka simple carbs). Complex carbs are often whole foods, such as beans, lentils, chickpeas, quinoa, barley, brown rice and starchy vegetables like squash and corn. They help keep your blood sugar stable by slowing digestion and promoting a gradual release of glucose into the bloodstream, giving you long-lasting energy.

Refined carbohydrates—white bread, pastries, sugary cereals and drinks—are generally more processed and often contain added sugars.

Carbohydrates are not “unhealthy,” and it’s totally unnecessary to eliminate them from our diets to maintain balanced blood sugars. Our bodies and brains need carbs to function. However, choosing complex carbs over refined ones more often will support more balanced blood sugar levels. But, there is still room in a healthy diet for *some* refined carbs.

> Carbohydrates are not “unhealthy,” and it’s totally unnecessary to eliminate them from our diets.

3.

Avoid “naked” carbs

When you eat refined carbohydrates on their own they’re often referred to as “naked” carbs. To moderate the blood sugar spike from naked carbs try “dressing them up” with protein, fat and/or fibre. For example, instead of eating crackers on their own, try adding cheese or nut butter for protein or avocado for healthy fats to make the snack more balanced and blood sugar-friendly.

4.

Manage stress and sleep

When you're stressed, your body releases hormones like cortisol, which signals the liver to release stored glucose for quick energy. Over time, chronic stress can lead to elevated blood sugar levels and increase the risk of insulin resistance.

Poor sleep disrupts hormones, such as leptin and ghrelin, that regulate hunger and satiety and make it harder to manage cravings and appetite. Insufficient rest also impairs insulin sensitivity, meaning your body doesn't use glucose as effectively, leading to higher blood sugar levels.

5.

Focus on consistent meal and snack spacing

Skipping meals or going long periods without eating can lead to blood sugar dips, leaving you feeling fatigued and irritable. This often triggers cravings for quick, sugary fixes, which can send your blood sugar on a rollercoaster.

Aim to eat consistently every three to four hours to keep blood sugar steady. Planning ahead is key, especially on busy days. Snacks also play an important role in bridging the gap between meals and keeping blood sugar balanced. Keep portable snack options on hand to ensure you stay nourished and avoid long gaps between meals. Pair protein with fibre for sustained energy. For example, an apple with nut butter, hummus with veggie sticks, or a handful of trail mix that contains nuts and seeds are excellent choices.

DO I NEED A WEARABLE GLUCOSE MONITOR?

Wearable continuous glucose monitors (CGMs) have started gaining attention recently. A CGM is a small device worn on your arm that connects to a smartphone app and tracks blood sugar levels in real time. Originally designed for people with diabetes, these devices are now being marketed to non-diabetic individuals who are curious about their blood sugar patterns.

For some people, CGMs can provide valuable insights, showing how specific meals, snacks or activities affect their blood sugar. However, they aren't necessary for all of us. Balanced eating habits, regular meals and the other strategies shared in this article are typically enough to keep blood sugar levels stable for the average person.

It's also worth noting that CGMs can have drawbacks, including their cost and the risk of becoming overly focused on every fluctuation, which could lead to unnecessary stress around food choices. Even for people with diabetes, constantly monitoring and fixating on blood glucose can trigger or exacerbate disordered eating.

Balancing blood sugars is nuanced—it's not just about cutting carbs or avoiding sugar. And there's no one-size-fits-all approach. Everyone's body responds differently to various factors, so learning about your own body and what works for you is key. But with simple, intentional habits, you can support balanced blood sugars, steady energy, better focus and overall well-being.

Make water your go-to beverage, and aim to drink it consistently throughout the day.

6.

Stay hydrated—but watch out for sugary drinks

Hydration is often overlooked but plays a significant role in blood sugar balance. Dehydration can concentrate blood glucose levels, making it harder for your body to regulate them. Make water your go-to beverage, and aim to drink it consistently throughout the day, shooting for eight to 12 glasses. Sugary beverages like pop, juice, energy drinks and flavoured coffee drinks cause significant blood sugar spikes because their high-sugar content and liquid form means the sugar enters your bloodstream super quickly.

7.

Move your body after meals

Physical activity is one of the most effective ways to help manage blood sugar. Movement increases your cells' sensitivity to insulin, allowing them to use glucose more efficiently. Going for a 30-minute walk after a meal can significantly reduce your blood sugar response to that meal (heck, even 10 minutes is shown to have a positive effect!). Any type of movement is great, whether that's lifting weights, dancing, playing with your kids or doing housework. The key is finding something enjoyable and sustainable.

NEED A REFRESHER ON WHAT FOODS CONTAIN CARBS?

HERE ARE SOME EXAMPLES OF COMMON CARBOHYDRATE SOURCES.

- ☑ Grains (bread, rice, pasta, oats)
- ☑ Fruits (apples, bananas, oranges, berries, watermelon)
- ☑ Starchy vegetables (potatoes, sweet potatoes, corn, peas, squash)
- ☑ Dairy (milk, yogurt)
- ☑ Legumes (beans, lentils, chickpeas)
- ☑ Snacks and sweets (cookies, chips, candy, cakes, pastries, jams, jellies, honey)
- ☑ Beverages (juice, pop, iced tea, chocolate milk, flavoured coffee drinks, oat milk)

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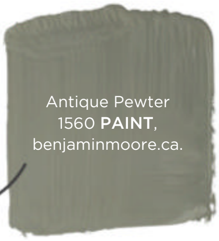
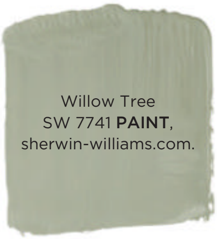
BEYOND

colour of the month CELADON

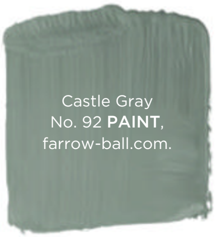
We love the farmhouse feel this grey-green shade offers—don't you agree it's just right for a pretty breakfast nook?



Antique Pewter
1560 **PAINT**,
benjaminmoore.ca.



Willow Tree
SW 7741 **PAINT**,
sherwin-williams.com.



Castle Gray
No. 92 **PAINT**,
farrow-ball.com.

home & garden

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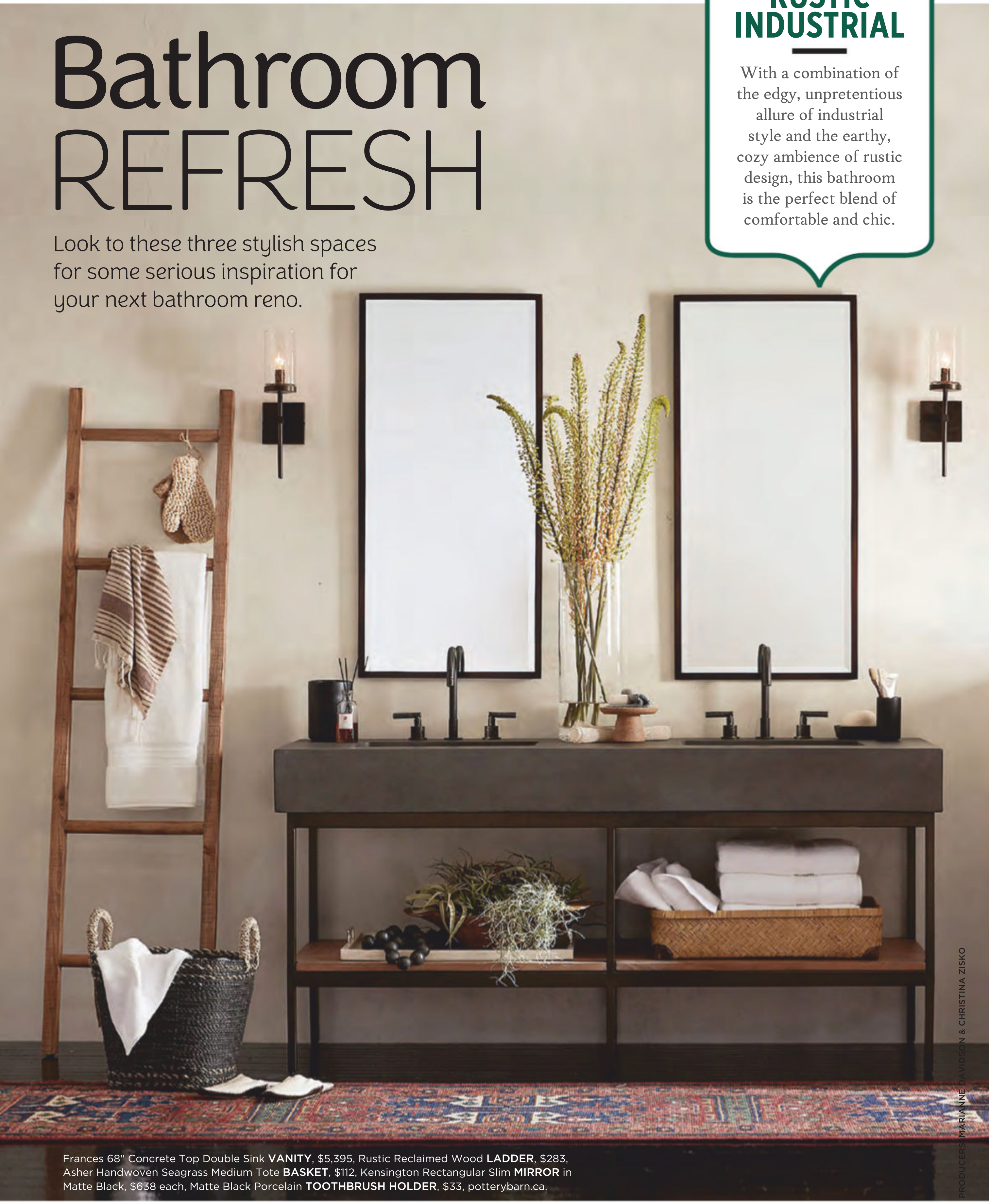
Bathroom REFRESH

Look to these three stylish spaces for some serious inspiration for your next bathroom reno.

RUSTIC INDUSTRIAL

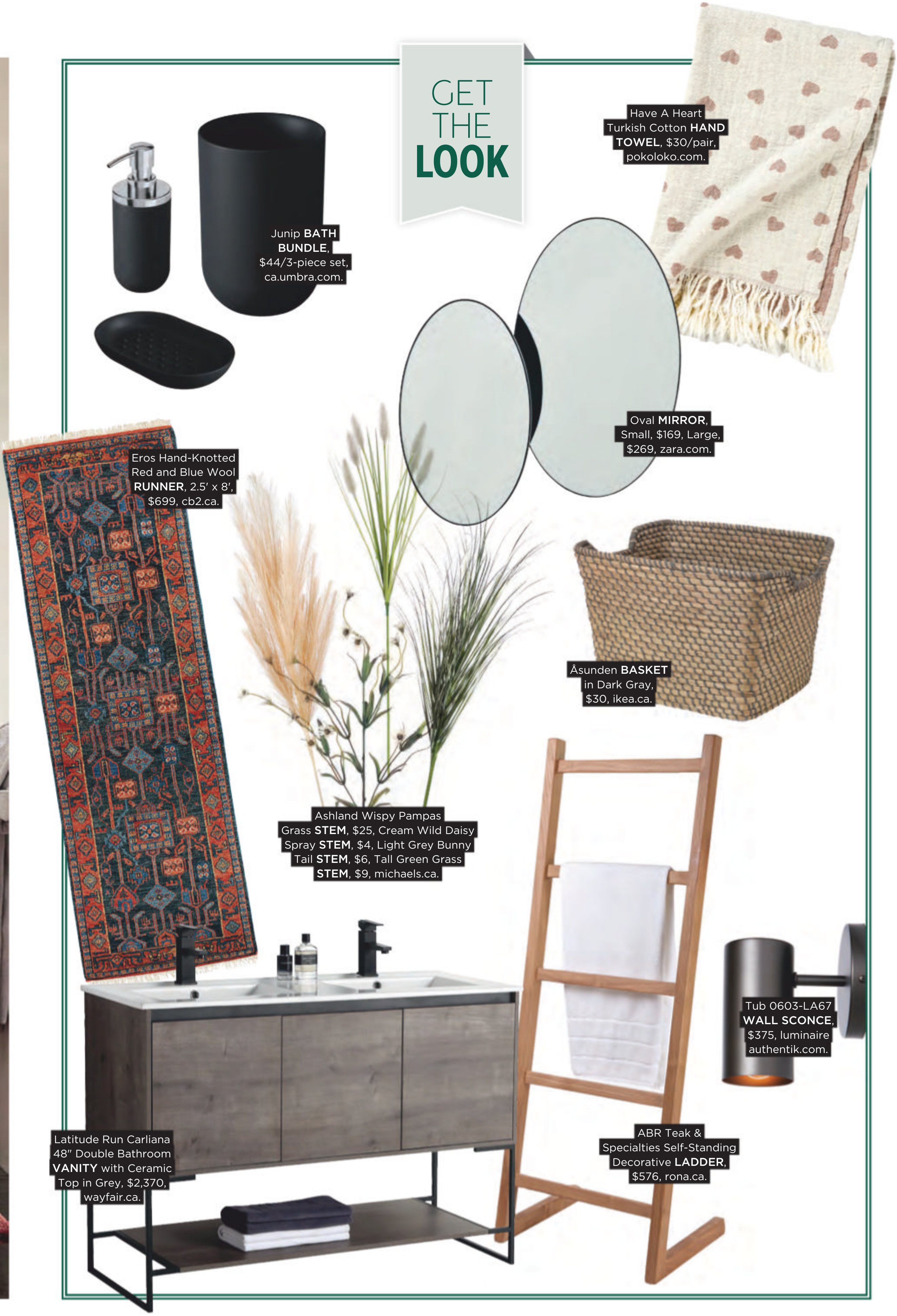
With a combination of the edgy, unpretentious allure of industrial style and the earthy, cozy ambience of rustic design, this bathroom is the perfect blend of comfortable and chic.



Frances 68″ Concrete Top Double Sink **VANITY**, $5,395, Rustic Reclaimed Wood **LADDER**, $283, Asher Handwoven Seagrass Medium Tote **BASKET**, $112, Kensington Rectangular Slim **MIRROR** in Matte Black, $638 each, Matte Black Porcelain **TOOTHBRUSH HOLDER**, $33, potterybarn.ca.

PRODUCERS: MARIANNE DAVIDSON & CHRISTINA ZISKO

GET THE LOOK



Junip **BATH BUNDLE**, $44/3-piece set, ca.umbra.com.

Have A Heart Turkish Cotton **HAND TOWEL**, $30/pair, pokoloko.com.

Oval **MIRROR**, Small, $169, Large, $269, zara.com.

Eros Hand-Knotted Red and Blue Wool **RUNNER**, 2.5′ x 8′, $699, cb2.ca.

Åsunden **BASKET** in Dark Gray, $30, ikea.ca.

Ashland Wispy Pampas Grass **STEM**, $25, Cream Wild Daisy Spray **STEM**, $4, Light Grey Bunny Tail **STEM**, $6, Tall Green Grass **STEM**, $9, michaels.ca.

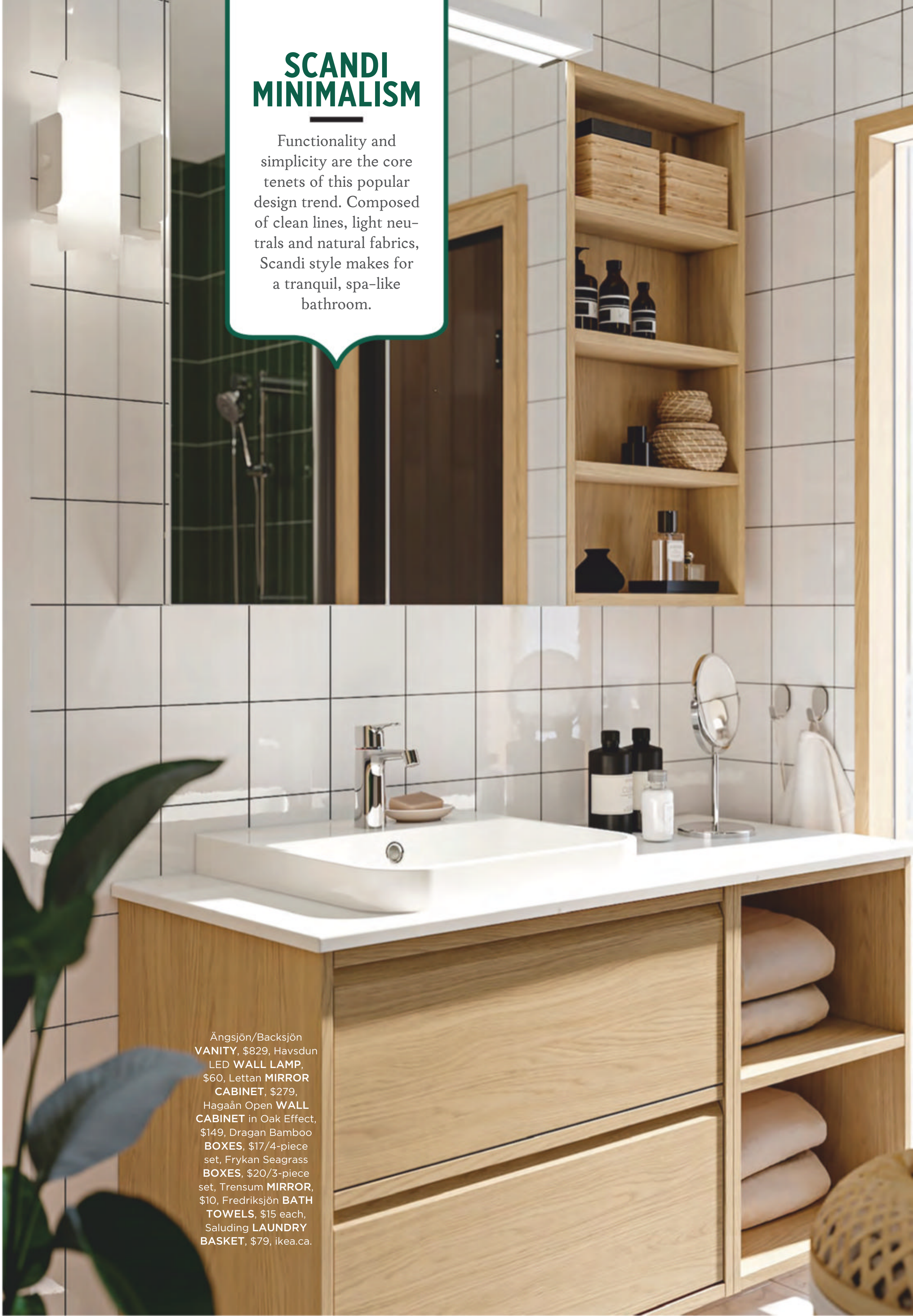
Tub 0603-LA67 **WALL SCONCE**, $375, luminaire authentik.com.

Latitude Run Carliana 48″ Double Bathroom **VANITY** with Ceramic Top in Grey, $2,370, wayfair.ca.

ABR Teak & Specialties Self-Standing Decorative **LADDER**, $576, rona.ca.

SCANDI MINIMALISM

Functionality and simplicity are the core tenets of this popular design trend. Composed of clean lines, light neutrals and natural fabrics, Scandi style makes for a tranquil, spa-like bathroom.



Ängsjön/Backsjön **VANITY**, $829, Havsdun LED **WALL LAMP**, $60, Lettan **MIRROR CABINET**, $279, Hagaån Open **WALL CABINET** in Oak Effect, $149, Dragan Bamboo **BOXES**, $17/4-piece set, Frykan Seagrass **BOXES**, $20/3-piece set, Trensum **MIRROR**, $10, Fredriksjön **BATH TOWELS**, $15 each, Saluding **LAUNDRY BASKET**, $79, ikea.ca.

GET THE LOOK

Homcom Double Door Bathroom Mirror **WALL CABINET**, $179, homedepot.ca.

Green Aglaonema **ARTIFICIAL PLANT** in White Pot, $43, veronneau.com.

Renwil Chiara Ribbed Clear 2-Light **WALL SCONCE**, $198, linenchest.com.

Moen Triva Single Robe **HOOK** in Chrome, $23, amazon.ca.

Terry Waffle Flax **WASH CLOTH**, $15, **HAND TOWEL**, $28, **BATH TOWEL**, $42, potterybarn.ca.

Batten 30″ White Marble Top and Oak Wood Single Sink Floating **VANITY**, $2,799, crateandbarrel.ca.

Tile Cart 8″ x 8″ Porcelain Wall & Floor **TILES**, $15/sq. ft., wayfair.ca.

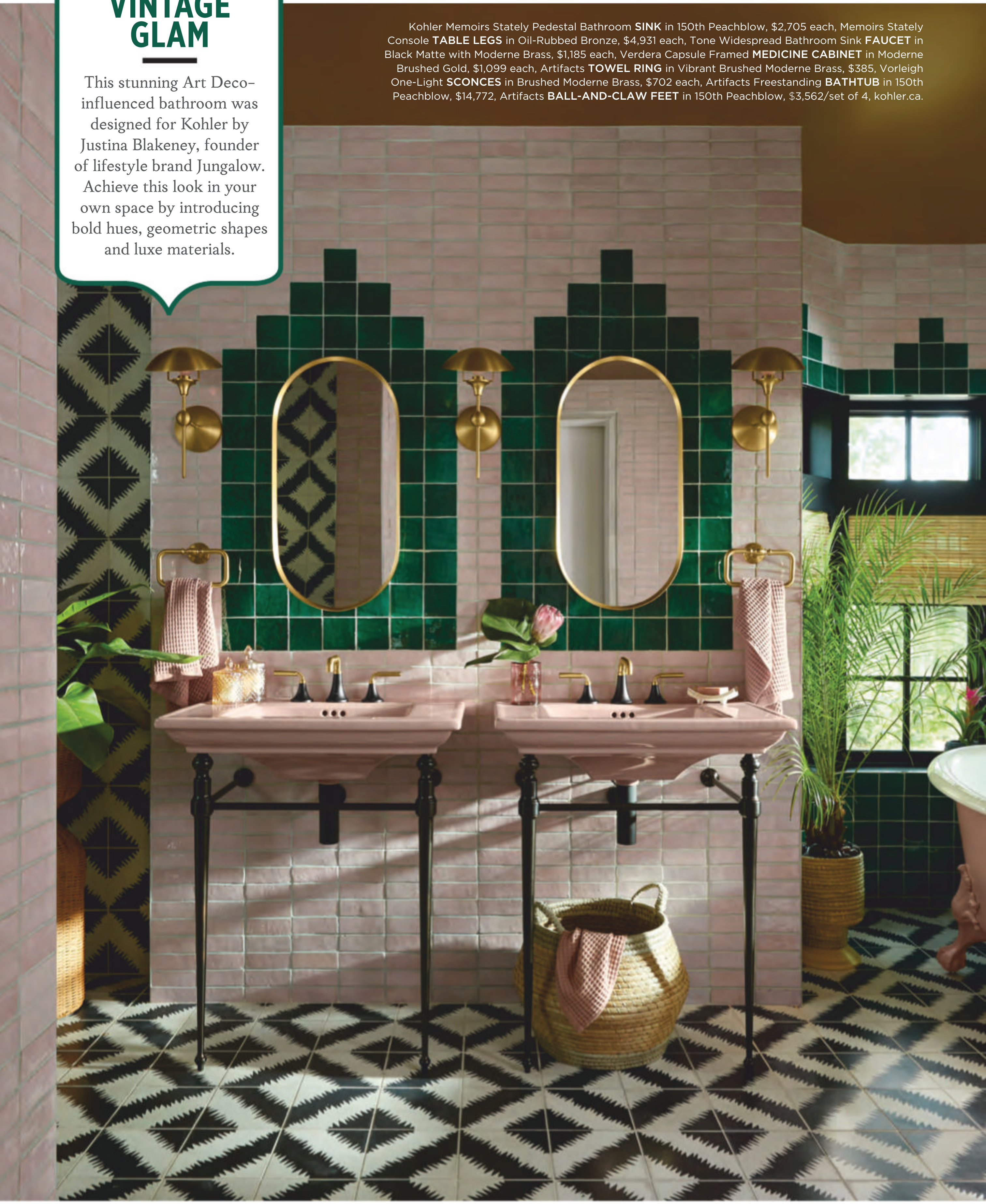
Tesora Stackable Wood Storage **BOX**, $35, ca.umbra.com.

Anko Beauty **MIRROR**, $12, thebay.com.

Rounded Weave Small Rattan **HAMPER**, $113, westelm.ca.

VINTAGE GLAM

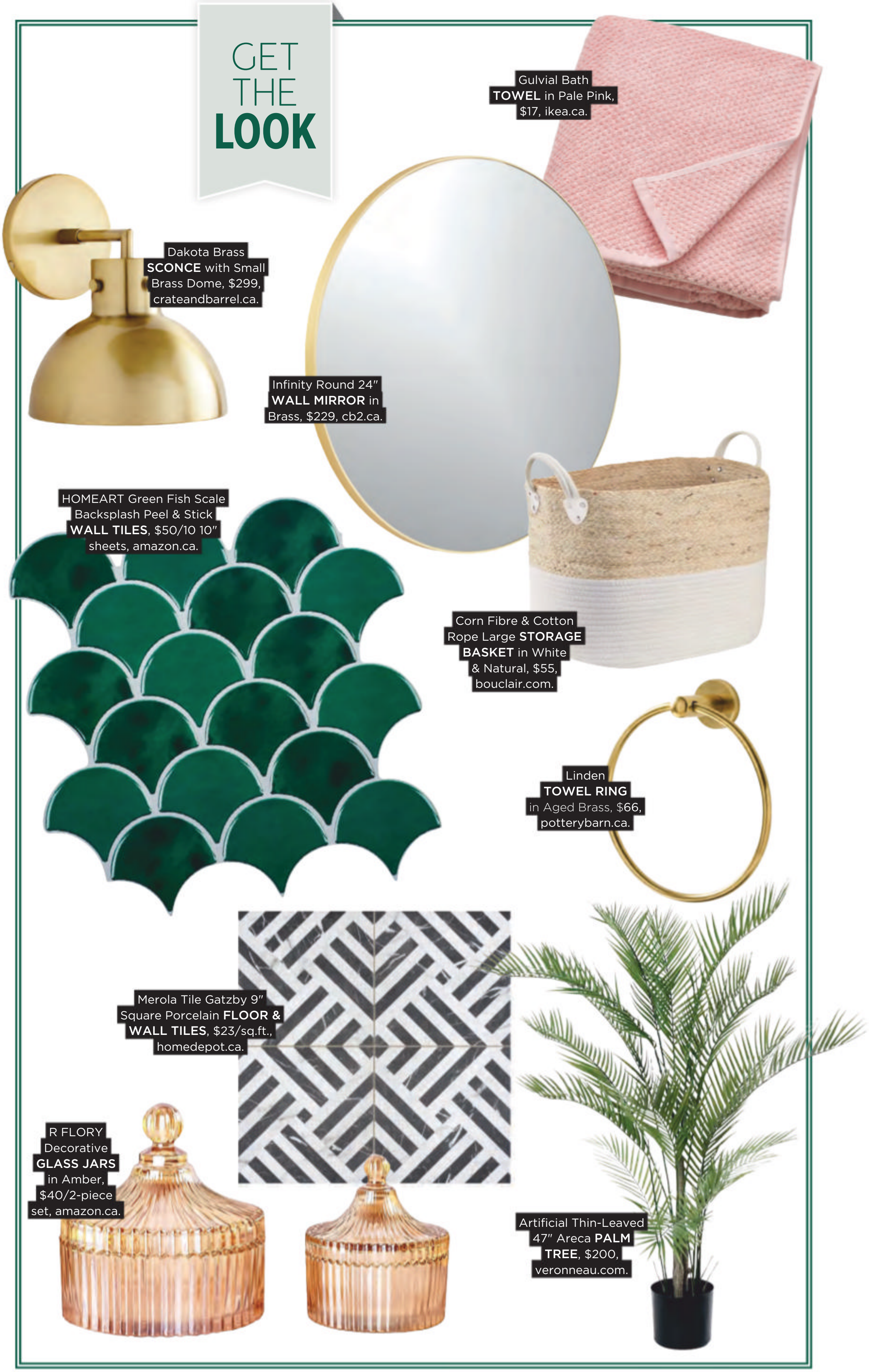
This stunning Art Deco–influenced bathroom was designed for Kohler by Justina Blakeney, founder of lifestyle brand Jungalow. Achieve this look in your own space by introducing bold hues, geometric shapes and luxe materials.



Kohler Memoirs Stately Pedestal Bathroom **SINK** in 150th Peachblow, $2,705 each, Memoirs Stately Console **TABLE LEGS** in Oil-Rubbed Bronze, $4,931 each, Tone Widespread Bathroom Sink **FAUCET** in Black Matte with Moderne Brass, $1,185 each, Verdera Capsule Framed **MEDICINE CABINET** in Moderne Brushed Gold, $1,099 each, Artifacts **TOWEL RING** in Vibrant Brushed Moderne Brass, $385, Vorleigh One-Light **SCONCES** in Brushed Moderne Brass, $702 each, Artifacts Freestanding **BATHTUB** in 150th Peachblow, $14,772, Artifacts **BALL-AND-CLAW FEET** in 150th Peachblow, $3,562/set of 4, kohler.ca.

DESIGN, JUSTINA BLAKENEY. PHOTOGRAPHY, COURTESY KOHLER

GET THE LOOK



Gulvial Bath **TOWEL** in Pale Pink, $17, ikea.ca.

Dakota Brass **SCONCE** with Small Brass Dome, $299, crateandbarrel.ca.

Infinity Round 24″ **WALL MIRROR** in Brass, $229, cb2.ca.

HOMEART Green Fish Scale Backsplash Peel & Stick **WALL TILES**, $50/10 10″ sheets, amazon.ca.

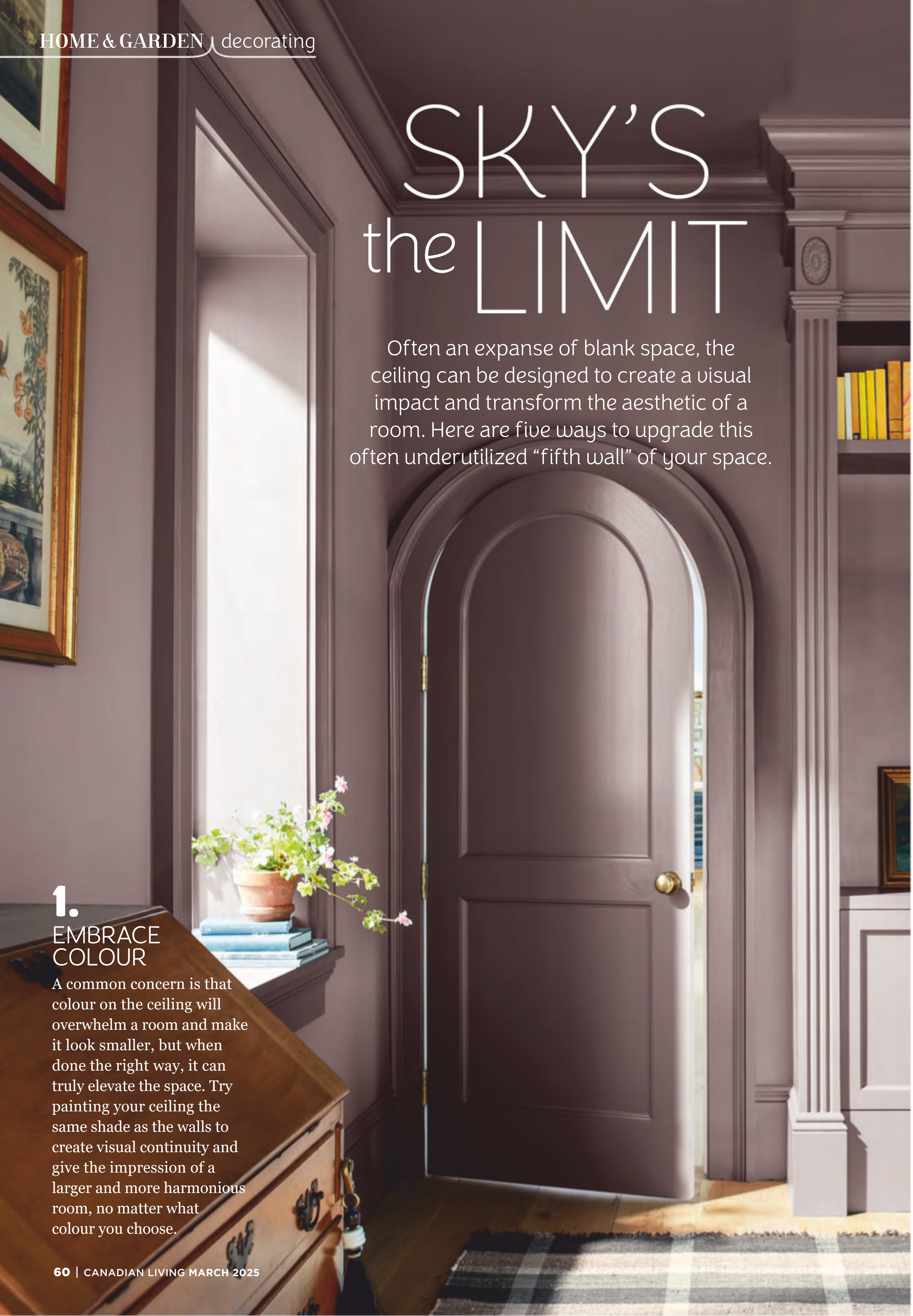
Corn Fibre & Cotton Rope Large **STORAGE BASKET** in White & Natural, $55, bouclair.com.

Linden **TOWEL RING** in Aged Brass, $66, potterybarn.ca.

Merola Tile Gatzby 9″ Square Porcelain **FLOOR & WALL TILES**, $23/sq.ft., homedepot.ca.

R FLORY Decorative **GLASS JARS** in Amber, $40/2-piece set, amazon.ca.

Artificial Thin-Leaved 47″ Areca **PALM TREE**, $200, veronneau.com.



SKY'S the LIMIT

Often an expanse of blank space, the ceiling can be designed to create a visual impact and transform the aesthetic of a room. Here are five ways to upgrade this often underutilized "fifth wall" of your space.

1.

EMBRACE COLOUR

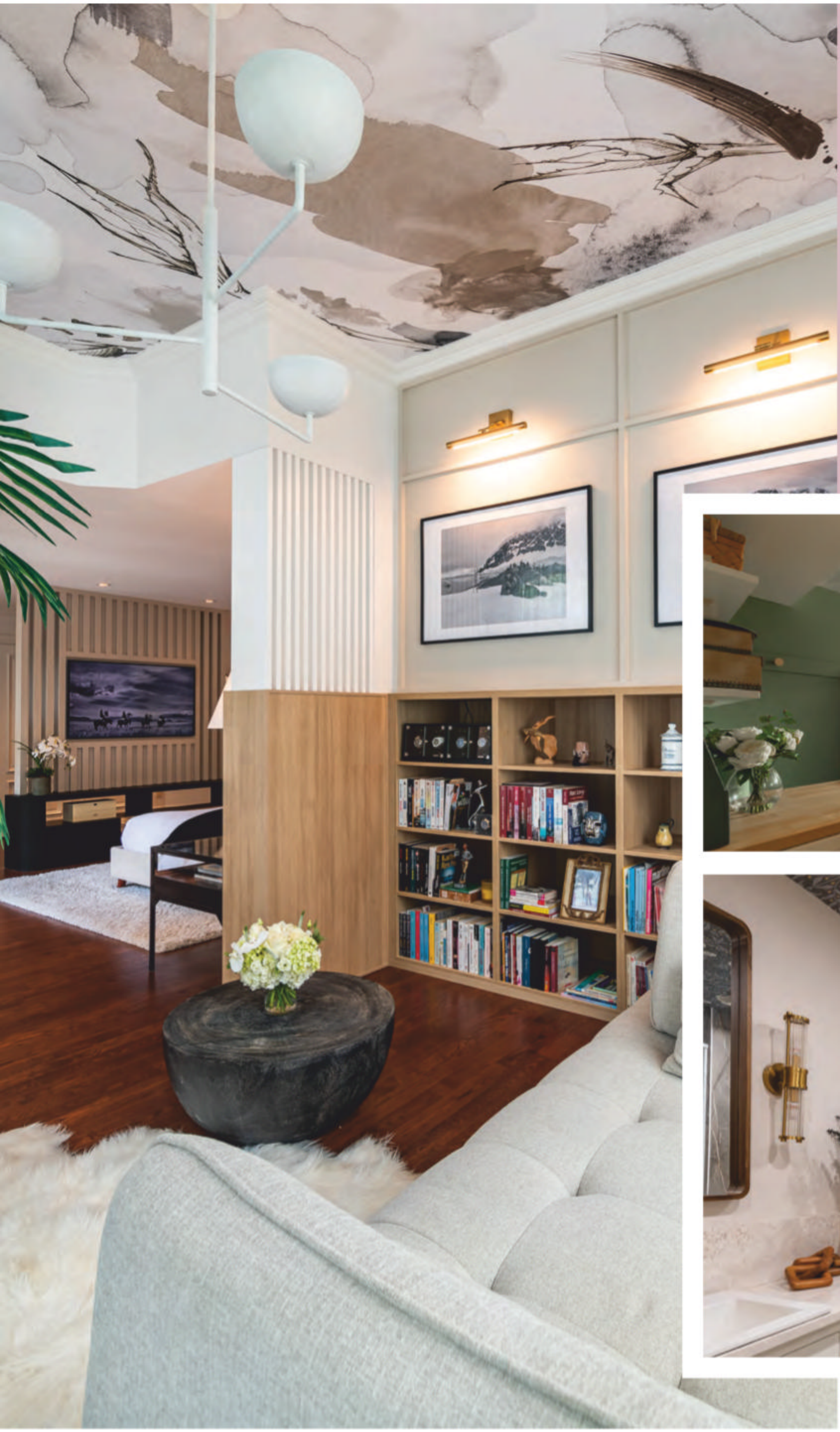
A common concern is that colour on the ceiling will overwhelm a room and make it look smaller, but when done the right way, it can truly elevate the space. Try painting your ceiling the same shade as the walls to create visual continuity and give the impression of a larger and more harmonious room, no matter what colour you choose.

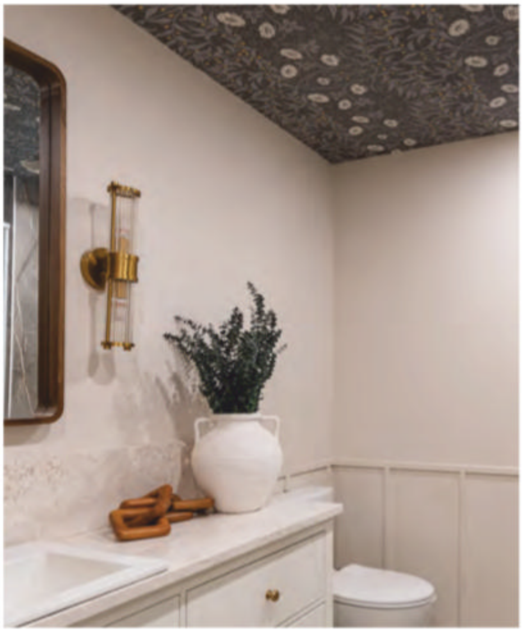
PRODUCER, ÉLISE FIOLA. PHOTOGRAPHY, BENJAMIN MOORE (1), RÜBIK DESIGN (2 TO 5)

2.

PAPER, PLEASE

Applying wallpaper to the ceiling may seem daring, but this unorthodox trick transforms the atmosphere of a room in the blink of an eye. The pattern or design you decide on can go a long way in driving home the desired style. For example, abstract or watercolour wallpaper done in neutral shades can evoke a bohemian or romantic vibe, while a variety emblazoned with geometric designs lends a chic Art Deco theme.





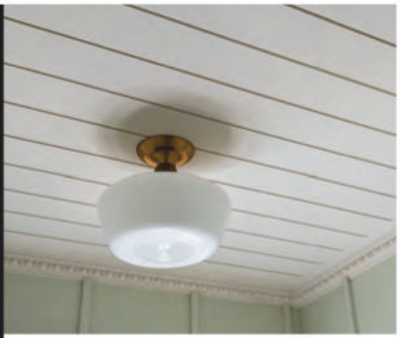
3. MAKE WAY FOR WOOD

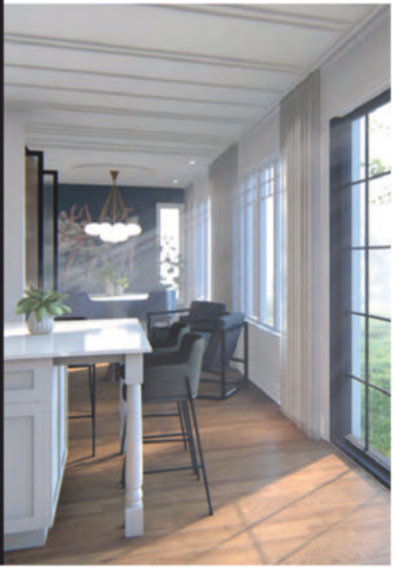
If you're looking for texture, warmth and personality, add wood to your ceiling. Large wooden beams offer volume and a dramatic flair to a space, and look especially great when installed on higher ceilings. For a similar look that takes up less space, opt for wood panelling. Whether you choose narrow strips or wide panels, the result is sleek and makes great use of a commonly overlooked part of the home. Keep the wood natural for a heritage look or paint it for a modern aesthetic.

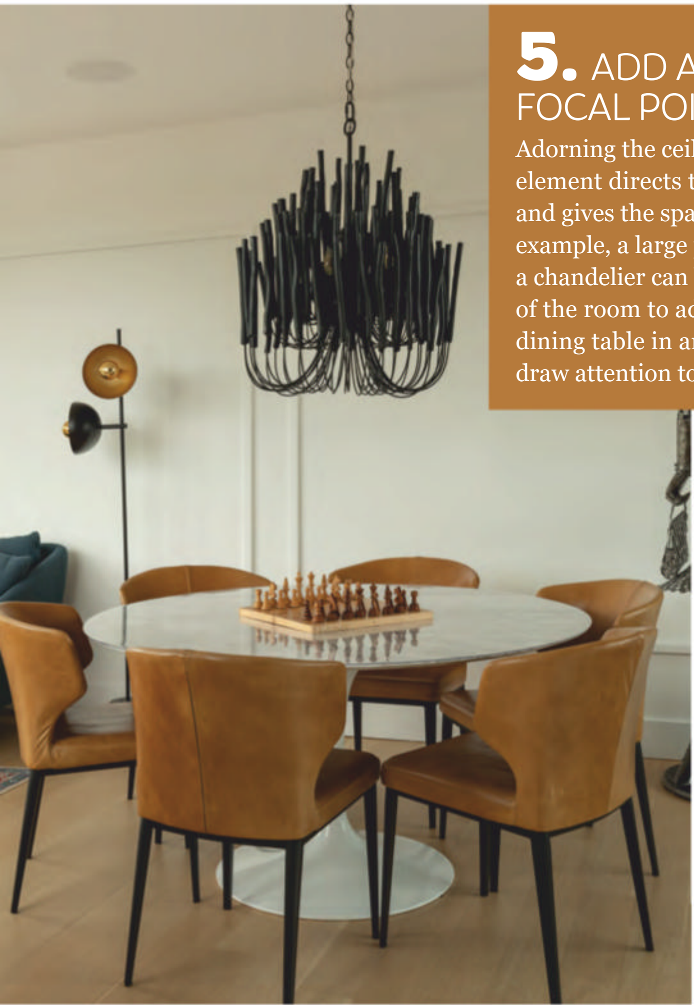
4.

MORE MOLDING

For a classic and timeless appeal, opt for molding on the ceiling. Molding instantly adds character, with the bonus of being affordable and easy to install. From minimalist farmhouse panels to intricate Victorian-style filigree, there's no shortage of options to fit your personal style. A simple design of parallel lines can bring structure to an otherwise plain area, while detailed crown molding adds a decorative architectural flourish to the home. After it's installed, paint the molding the same colour as the rest of the ceiling to maintain a unified appeal.

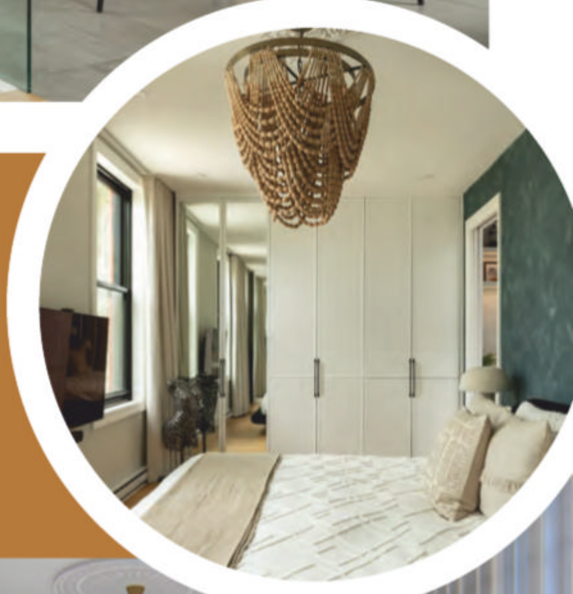


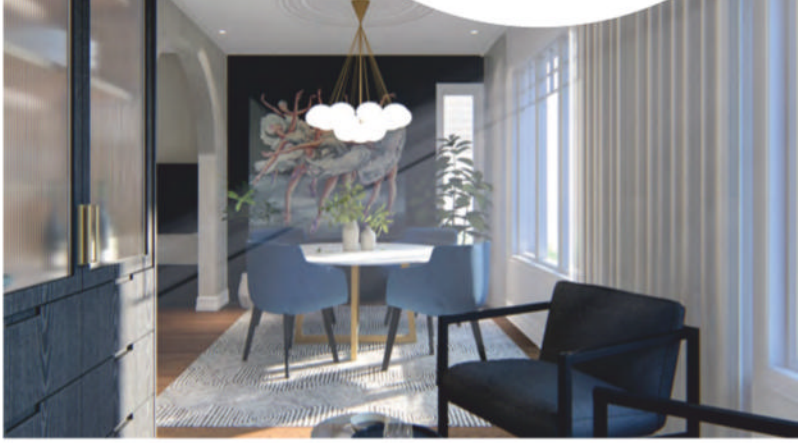




5. ADD A FOCAL POINT

Adorning the ceiling with one major element directs the eye to that area and gives the space a centrepiece. For example, a large plaster medallion with a chandelier can be placed in the middle of the room to add balance, or above a dining table in an open-plan design to draw attention to a dedicated space.





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ingredient of the month PISTACHIOS

Pistachios have been cultivated for more than 9,000 years. What makes these yummy nuts worldwide favourites? Not only are they high in calcium, iron, vitamin A, protein, fibre and antioxidants, but they're also prized for their unique texture and the distinct flavour that makes them suitable to use in both sweet and savoury dishes. Plus, of course, they're easy and delicious to snack on on their own.

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fibre-rich dishes 82
green dishes 90
last bite 98

PHOTOGRAPHY, TANGO/C. FOOD STYLING, NATALY SIMARD, PROP STYLING, CAROLINE SIMON. LARGE BOWL, BOUTIQUE ARTICHO

NUTS ABOUT PISTACHIOS

Enjoy these tasty nuts sprinkled on roasted veggies or as the main attraction in an irresistible dessert.

ROASTED CARROTS WITH SPICY HONEY & PISTACHIOS

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 35 MINUTES

1/4 cup	unsalted butter
1/4 cup	liquid honey
3	cloves garlic, chopped
3/4 tsp	hot pepper flakes
1/4 tsp	ground cumin
pinch	ground coriander
750 g	Nantes carrots, with tops, if possible
salt and pepper	
1/4 cup	chopped fresh curly parsley
1/4 cup	chopped shelled roasted pistachios

Preheat oven to 400°F; line large baking sheet with parchment paper. Set aside.

In large skillet, melt butter over medium heat. Add honey, garlic, hot pepper flakes, cumin and coriander; cook, stirring often, for 1 minute. Turn off heat, add carrots and season with salt and pepper. Using tongs, toss to coat. Arrange carrots in single layer on prepared baking sheet. (Reserve spiced honey-butter in skillet.) Roast on upper rack of oven, stirring halfway through roasting time, until carrots are tender-crisp, 20 to 25 minutes. Transfer carrots to serving dish and drizzle with reserved spiced honey-butter. Sprinkle with parsley and pistachios.

PER SERVING about 290 cal, 4 g pro, 14 g total fat (8 g sat. fat), 38 g carb (7 g dietary fibre, 26 g sugar), 30 mg chol, 250 mg sodium, 1.3 mg iron.

RECIPES, MARIE-ÈVE LAFORTE. PHOTOGRAPHY, TANGO/C. FOOD STYLING, NATALY SIMARD. PROP STYLING, CAROLINE SIMON. PLATE (CARROTS), INDIGO

PISTACHIO BAKLAVA

MAKES 16 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 3 1/4 HOURS

1 cup	shelled unsalted pistachios
1/3 cup	icing sugar
1/2 tsp	cinnamon
3/4 cup	unsalted butter (approx)
1/2	450 g pkg phyllo dough, thawed but cold (21 sheets)

Honey Syrup (recipe, this page)
finely ground shelled unsalted pistachios

In food processor, pulse whole pistachios, icing sugar and cinnamon until consistency of coarse powder; set aside. Grease 7-inch square cake pan; set aside.

Melt butter in large microwavable measuring cup. Place stack of phyllo dough sheets on work surface; using sharp knife, slice lengthwise down centre. Remove excess dough to obtain two 7-inch squares of phyllo sheets. Place damp cloth over stacks of dough to prevent drying out. Preheat oven to 350°F.

Place one sheet of phyllo in prepared cake pan; brush with melted butter. Repeat with six sheets of phyllo and melted butter (gently warm the butter and add a little, if necessary). Spread half of the pistachio mixture over phyllo in pan. Top with seven layers of phyllo, layering with butter. Spread remaining pistachio mixture over sheets in pan. Top with remaining phyllo sheets, layering with butter.

Using sharp serrated knife and a ruler, cut into 16 squares. Bake until golden brown, about 40 minutes.

Remove baklava from oven and run knife through previously cut lines to separate pieces. Pour Honey Syrup over top. Sprinkle with ground pistachios. Let stand for at least 2 hours before serving. *(Make-ahead: Can be stored in airtight container at room temperature for up to 4 days.)*

PER SERVING about 210 cal, 3 g pro, 12 g total fat (6 g sat. fat), 22 g carb (1 g dietary fibre, 13 g sugar), 25 mg chol, 140 mg sodium, 0.8 mg iron.

Honey Syrup In small saucepan, bring 1/3 cup honey, 1/3 cup water, 1/3 cup granulated sugar, 1 tbsp lemon juice and pinch cinnamon to boil over high heat, whisking constantly. Reduce heat to low and simmer, stirring occasionally, for 5 minutes. Remove from heat; let cool slightly. Makes about 1 cup.

what's for dinner?

Weeknight suppers on the table
in 30 minutes or less.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP & SAUSAGE GUMBO	SKILLET PORK & CABBAGE CASSEROLE	LEMON & CHICKPEA ORZO	HERB COUSCOUS WITH CHICKEN, CARROTS & TAHINI SAUCE	MEATLOAF BURGERS

Find more fast and fresh dinner ideas at **canadianliving.com/quickandeasy**.

RECIPES AND STYLING, MÉLANIE MARCHAND. PHOTOGRAPHY, BRUNO PETROZZA/C

ON THE TABLE IN

30

MINUTES

SHRIMP & SAUSAGE GUMBO

MAKES 4 SERVINGS

2 tbsp	vegetable oil
1	onion, chopped
2	stalks celery, diced
1	sweet green pepper, diced
2 to 3	cloves garlic, chopped
1/2	300 g smoked Polish sausage, cut in half-moons
1/3 cup	all-purpose flour
4 cups	sodium-reduced chicken broth
1	398 ml can diced tomatoes
1 tsp	paprika
1 tsp	dried basil
1/2 tsp	cayenne pepper
1	340 g pkg medium raw shrimp, peeled
2 cups	frozen okra, slightly thawed, sliced

salt and pepper
bread and butter (optional)

In large saucepan, heat oil over medium-high heat. Add onion and celery and cook, stirring often, for 3 minutes. Add green pepper, garlic and sausage; cook, stirring often, for 2 minutes. Sprinkle with flour and stir to combine. Add chicken broth, tomatoes, paprika, basil and cayenne. Bring to boil; reduce heat to medium and simmer for 10 minutes. Stir in shrimp and okra and season with salt and pepper. Cook, stirring occasionally, until shrimp is pink and okra is tender, about 5 minutes. Serve with bread and butter, if desired.

PER SERVING about 350 cal, 24 g pro, 16 g total fat (4 g sat. fat), 27 g carb (6 g dietary fibre, 9 g sugar), 20 mg chol, 575 mg sodium, 2.6 mg iron.

ON THE
TABLE IN
30
MINUTES

SKILLET PORK & CABBAGE CASSEROLE

MAKES 4 SERVINGS

1 tbsp	olive oil
450 g	lean ground pork
1	onion, chopped
2	cloves garlic, chopped
1 to 2	bay leaves
salt and pepper	
1 cup	basmati rice
2 cups	sodium-reduced chicken broth
1 cup	tomato sauce
1	small green cabbage, sliced
chopped flat-leaf parsley (optional)	

In large skillet with lid, heat oil over high heat. Add pork; cook, breaking up meat with wooden spoon, until lightly browned, 3 to 4 minutes. Add onion, garlic and bay leaves; season with salt and pepper and cook, stirring often, for 2 minutes. Stir in rice; cook, stirring, for 1 minute. Stir in broth and tomato sauce. Arrange cabbage slices on top of mixture. Bring mixture to boil; cover and reduce heat to medium. Simmer for 12 to 13 minutes. Remove lid and continue cooking for 2 to 3 minutes. Divide among bowls and sprinkle with chopped flat-leaf parsley, if using.

PER SERVING about 475 cal, 26 g pro, 16 g total fat (5 g sat. fat), 57 g carb (6 g dietary fibre, 9 g sugar), 60 mg chol, 675 mg sodium, 4 mg iron.

ON THE TABLE IN

30

MINUTES

LEMON & CHICKPEA ORZO

MAKES 4 SERVINGS

2 tbsp	olive oil
1/2	onion, finely chopped
2 to 3	cloves garlic, chopped
2	bay leaves
1 cup	orzo
1 tsp	turmeric
1/2 tsp	ground cumin
1/2 tsp	hot pepper flakes
3 1/2 cups	sodium-reduced vegetable broth
1	540 ml can chickpeas, rinsed and drained
zest and juice of 1 lemon	
2 cups	packed baby spinach
3/4 cup	coconut milk
salt and pepper	
lemon wedges (optional)	

In large skillet, heat oil over medium-high heat. Add onion, garlic and bay leaves; cook, stirring often, for 2 minutes. Add orzo, turmeric, cumin and hot pepper flakes; cook, stirring often, for 2 minutes. Stir in broth, chickpeas and lemon zest. Bring to boil; reduce heat to medium and cook, stirring occasionally, until orzo is al dente, 8 to 10 minutes. Stir in spinach, lemon juice and coconut milk; cook, stirring often, for 2 minutes. Remove from heat, cover, and let stand for 5 minutes. Season with salt and pepper; stir to combine. Serve with lemon wedges, if using.

PER SERVING about 520 cal, 17 g pro, 18 g total fat (9 g sat. fat), 73 g carb (10 g dietary fibre, 8 g sugar), 0 mg chol, 350 mg sodium, 6.4 mg iron.

ON THE
TABLE IN
30
MINUTES

HERB COUSCOUS WITH CHICKEN, CARROTS & TAHINI SAUCE

MAKES 4 SERVINGS

1 3/4 cups	sodium-reduced chicken broth, divided
1 cup	couscous
1/4 cup	chopped mixed fresh herbs (basil, parsley, chives, etc.)
1 tbsp	olive oil
1 tbsp	unsalted butter
4	medium carrots, peeled and chopped
1	onion, quartered
2 to 3	chicken breasts, thinly sliced
1 tbsp	Montreal Steak Spice
2 tbsp	liquid honey
	salt and pepper
	mixed greens
	Tahini Sauce (recipe, this page)

Preheat oven to 450°F. In saucepan, bring 1 1/4 cups of the chicken broth to boil. Stir in couscous; remove from heat, cover and let stand for 10 minutes. Fluff with fork and stir in chopped fresh herbs. Set aside.

Meanwhile, in large ovenproof skillet, heat oil and butter over high heat. Add carrots, onion, chicken and Montreal steak spice. Cook, stirring often, for 2 minutes. Remove from heat. Add honey and remaining broth; season with salt and pepper, stirring to combine. Bake on upper rack of oven for 18 to 20 minutes.

Divide couscous among plates. Top with chicken mixture and mixed greens. Drizzle with Tahini Sauce.

PER SERVING about 315 cal, 22 g pro, 9 g total fat (3 g sat. fat), 37 g carb (4 g dietary fibre, 13 g sugar), 55 mg chol, 775 mg sodium, 1.7 mg iron.

Tahini Sauce In bowl, combine 1/2 cup tahini, 1/2 cup cold water, 1/4 cup olive oil, 1 tbsp lemon juice and 1 tsp liquid honey. Season with salt and pepper. Makes about 1 1/4 cups.

MEATLOAF BURGERS

MAKES 4 SERVINGS

1 tbsp	olive oil
1/2	onion, chopped
2	cloves garlic, chopped
375 g	lean ground beef
1	egg
1/2 cup	Italian bread crumbs
1/4 cup	2% milk
1/2 cup	grated Parmesan cheese
2 tbsp	chopped fresh basil
1 tbsp	Dijon mustard
salt and pepper	
1/3 cup	ketchup
2 tbsp	packed brown sugar
4	burger buns, separated
4	slices Cheddar cheese (or Swiss cheese)
coleslaw (optional)	

Preheat oven to 450°F; line baking sheet with parchment paper. Set aside.

In skillet, heat oil over medium-high heat. Add onion and garlic; cook, stirring often, for 2 minutes. Remove from heat.

In bowl, combine ground beef, egg, bread crumbs, milk, Parmesan, basil, Dijon and onion-garlic mixture. Season with salt and pepper, mixing until combined. Form mixture into four burger patties and place on one side of prepared baking sheet. Bake for 10 to 12 minutes.

In bowl, stir together ketchup and brown sugar. Season with salt and pepper. Set aside.

ON THE TABLE IN

25

MINUTES

During the last few minutes of baking, place buns on remaining half of baking sheet.

Place one slice of cheese on bottom half of each bun. Place patties on top and cover with ketchup mixture. Top with coleslaw, if using, and top halves of burger buns.

PER SERVING about 610 cal, 35 g pro, 30 g total fat (13 g sat. fat), 50 g carb (2 g dietary fibre, 15 g sugar), 140 mg chol, 1,225 mg sodium, 4.4 mg iron.

Bon appétit!

Try something new with these exquisite dishes inspired by Provençal cuisine—Mediterranean-style fare from France's southeast region.

RECIPES MICHAEL LINNINGTON | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD | **PROP STYLING** CAROLINE SIMON

PLATES, HOMESENSE. CRUET, PITCHER, IKEA. BREAD BASKET, CASA LUCA

MENU

Pissaladière

Beef Paupiettes in Tomato & Mushroom Sauce

Provençal Vegetable Tian

Pastis Landais

PISSALADIÈRE

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 1 1/2 HOURS

2 tbsp	olive oil (approx)
2 tbsp	unsalted butter
3	large Spanish onions, thinly sliced
1	sprig rosemary (approx)
1	sprig thyme (approx)
1	bay leaf
2	cloves garlic, finely chopped
salt and pepper	
1 sheet	store-bought frozen puff pastry, thawed (half of 400 g pkg)
1	ripe tomato, diced
10	anchovy fillets
12	large black olives, pitted
arugula	
chopped fresh flat-leaf parsley	

In saucepan, heat oil and butter over medium-low heat. Add onions, rosemary, thyme and bay leaf; cook, stirring occasionally, for 30 minutes. Reduce heat to low; cook, stirring occasionally, until liquid has evaporated, about 15 minutes. In the last 2 minutes of cooking, add garlic, stirring constantly. Season with salt and pepper; discard herb stems and bay leaf. Remove from heat; let cool.

Preheat oven to 375°F. On lightly floured sheet of parchment paper, using rolling pin, roll out dough into a 9- x 13-inch rectangle. Prick dough all over using fork. Carefully transfer parchment paper and dough to large baking sheet. Top dough with caramelized onions, diced tomato, anchovies and olives. Bake until golden brown, 20 to 25 minutes. Garnish with arugula and parsley; cut into slices and serve with a drizzle of olive oil.

PER EACH OF 8 SERVINGS about 190 cal, 4 g pro, 13 g total fat (6 g sat. fat), 15 g carb (2 g dietary fibre, 5 g sugar), 12 mg chol, 350 mg sodium, 1.1 mg iron.

BEEF PAUPIETTES IN TOMATO & MUSHROOM SAUCE

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 1 1/2 HOURS

1	small onion, finely chopped
1	clove garlic, chopped
250 g	lean ground beef
250 g	ham, chopped
1	egg, beaten
1/4 cup	dried bread crumbs
2 tbsp	chopped fresh flat-leaf parsley (approx)
2 tsp	chopped fresh thyme
salt and pepper	
8	thin slices beef (approx 6 x 6 inches)
1/4 cup	olive oil
227 g	white mushrooms, halved
1/2 cup	dry white wine (such as Côtes de Provence)
2 tbsp	tomato paste
1	796 ml can diced tomatoes
2 cups	demi-glacé
1 tsp	herbes de Provence
1	bay leaf
1	sprig rosemary

In bowl, combine onion, garlic, ground beef, ham, egg, bread crumbs, parsley and thyme. Season with salt and pepper, mixing until combined.

Place about 1/4 cup ground beef mixture on each slice of beef. Wrap beef slice around filling. Using butcher's twine, tie up paupiettes. In large skillet with lid, heat olive oil over medium-high heat. Cook paupiettes, turning halfway through cooking time, until browned, about 2 minutes. Transfer to plate; set aside.

In same skillet, add mushrooms; cook, stirring halfway through cooking time, until browned, 3 to 4 minutes. Stir in wine; cook, stirring often, until liquid has reduced by half, 2 to 3 minutes. Add tomato paste, tomatoes, demi-glacé, herbes de Provence, bay leaf and rosemary; bring to boil. Season with salt and pepper; reduce heat to low. Add reserved paupiettes; cover and cook for 30 minutes. Remove lid; cook until sauce has thickened slightly, about 15 minutes. Remove twine from paupiettes. Sprinkle with chopped fresh flat-leaf parsley and serve with roasted potatoes, if desired.

PER EACH OF 6 SERVINGS about 375 cal, 28 g pro, 21 g total fat (7 g sat. fat), 18 g carb (4 g dietary fibre, 7 g sugar), 105 mg chol, 1,020 mg sodium, 4.6 mg iron.

PROVENÇAL VEGETABLE TIAN

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 1/4 HOURS

3	Chinese eggplants, sliced
3	zucchini, sliced
4	large Roma tomatoes, sliced
1	large red onion, sliced
2	cloves garlic, chopped
1 tbsp	chopped fresh thyme (approx)
1 tsp	chopped fresh rosemary
1/4 cup	olive oil
2 tsp	tomato paste
2 tbsp	dry white wine
salt and pepper	

Preheat oven to 350°F. In large bowl, gently combine eggplants, zucchini, tomatoes, onion, garlic, thyme, rosemary, olive oil, tomato paste and white wine. Season with salt and pepper, gently mixing to coat. Arrange vegetables in 8-inch round baking dish, alternating ingredients to create round pattern. Pour remaining liquid over top.

Cover dish with parchment paper, then foil. Roast for 45 minutes. Remove parchment paper and foil; continue roasting until vegetables are tender and golden brown, about 15 minutes. Sprinkle with fresh thyme.

PER EACH OF 6 SERVINGS about 175 cal, 3 g pro, 9 g total fat (1 g sat. fat), 20 g carb (6 g dietary fibre, 9 g sugar), 0 mg chol, 150 mg sodium, 1.3 mg iron.

PASTIS LANDAIS

MAKES 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 2 HOURS

2 tsp	active dry yeast
1/2 cup	2% milk, warm
3	eggs
1/3 cup	unsalted butter, melted
zest of 1 orange	
2 tbsp	dark rum
1 tbsp	orange blossom water (see Test Kitchen Tip)
pinch	nutmeg
1/2 cup	golden cane sugar (or maple sugar flakes)
2 cups	all-purpose flour
2 tbsp	pearl sugar (or granulated sugar)

In large bowl, gently stir yeast with milk. Let stand for 5 minutes. Grease 8-inch fluted brioche pan (or deep 8-inch round cake pan); set aside.

To bowl with yeast-milk mixture, add eggs, butter, orange zest, rum, orange blossom water, nutmeg and cane sugar. Using electric mixer on medium speed, beat mixture for 5 minutes. Reduce speed to low; add flour, a little at a time, until batter is thick. Scrape into prepared brioche pan and cover with cloth. Let rise in warm, draft-free space for about 1 hour.

Preheat oven to 350°F. Sprinkle batter with pearl sugar. Bake until cake tester inserted in centre of cake comes out clean, 35 minutes. Let cool for 10 minutes; gently unmold cake. Slice and serve drizzled with honey. *(Make-ahead: Can be wrapped in plastic wrap and stored at room temperature for up to 4 days.)*

PER SERVING about 365 cal, 9 g pro, 13 g total fat (7 g sat. fat), 53 g carb (2 g dietary fibre, 20 g sugar), 120 mg chol, 150 mg sodium, 2.5 mg iron.

TEST KITCHEN TIP

Orange blossom water can be found in some international grocery stores. It can be replaced with 1 tsp orange extract or orange liqueur (such as Cointreau or Triple sec).

TESTED TILL PERFECT
Canadian Living
TEST KITCHEN

ULTIMATE COMFORT

This flavourful chicken noodle soup is loaded with veggies to pack a major nutritious punch.

RECIPE MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD
PROP STYLING CAROLINE SIMON

LOADED CHICKEN NOODLE SOUP

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

2 tbsp	olive oil
1/2	onion, chopped
2	carrots, sliced
2	stalks celery, sliced
2 to 3	cloves garlic, chopped
8 to 10 cups	sodium-reduced chicken broth
250 g	spaghetti
1	leek, thinly sliced (white and pale green parts only)
2 cups	fresh baby spinach
1 cup	frozen green peas
3 cups	shredded roasted chicken

salt and pepper
diced cooked pancetta
chopped fresh curly parsley
chopped fresh thyme
toasted pita triangles (optional)

In large saucepan, heat oil over medium-high heat. Add onion, carrots and celery; cook, stirring often, for 3 minutes. Add garlic; continue cooking, stirring often, for 1 minute.

Stir in broth; bring to boil. Reduce heat to medium; simmer, stirring occasionally, for 8 to 10 minutes. Add spaghetti, cook until al dente and vegetables are tender, 8 to 10 minutes. Stir in leek, spinach and peas; season with salt and pepper. Cook for 1 to 2 minutes. Stir in chicken until heated through. Divide soup among bowls, sprinkle with pancetta, parsley and thyme, and serve with toasted pita, if using.

PER EACH OF 6 SERVINGS about 420 cal, 29 g pro, 14 g total fat (3 g sat. fat), 44 g carb (5 g dietary fibre, 7 g sugar), 65 mg chol, 1,025 mg sodium, 4.6 mg iron.

TEST KITCHEN TIP

You can buy store-bought roast chicken or, if you have more time, cook a whole chicken in a large saucepan of water with vegetables and herbs, letting it simmer over low heat for 2 to 3 hours. In addition to very tender meat, you will also have made a delicious chicken broth (defat the broth and filter before using it in the soup).

BOWLS, IKEA. SPOON, SIMONS. BOARD, HOMESENSE

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

fibre in the house!

We all know how important it is to get enough fibre in our diets. These delicious recipes make it easy to increase your intake.

RECIPES MARIE-ÈVE CHARRON | **PHOTOGRAPHY** TANGO | **FOOD STYLING** ÉRIC RÉGIMBALD
PROP STYLING CAROLINE SIMON

BANANA GREEK YOGURT with seed & nut topping

LARGE BOWLS, PLATE, POTTERY BARN. FRUIT BOWL, ANTHROPOLOGIE. LINEN, INDIGO

HAZELNUT & PRUNE SPREAD

MAKES 2 CUPS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 21 MINUTES

1 cup	peeled raw hazelnuts (or 3/4 cup store-bought hazelnut butter, see Test Kitchen Tip)
3/4 cup	packed dried prunes, roughly chopped
2 tbsp	cocoa powder
2 tbsp	liquid honey
1/4 tsp	salt

toasted whole wheat bread

Preheat oven to 350°F; line baking sheet with parchment paper. Spread hazelnuts on baking sheet; bake until golden and fragrant, 10 to 12 minutes.

Transfer hot hazelnuts to blender; purée, scraping down sides of blender occasionally, until smooth butter forms, 5 to 7 minutes.

In small saucepan, cook prunes and 1 1/4 cups water over low heat until prunes have softened, 4 to 5 minutes. Transfer prunes and cooking water to blender. Add cocoa powder, honey and salt. Purée, scraping down sides as needed, until smooth. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 2 weeks.)* Serve on toasted whole wheat bread.

PER 2 TBSP about 80 cal, 1 g pro, 5 g total fat (0 g sat. fat), 9 g carb (1 g dietary fibre, 5 g sugar), 0 mg chol, 35 mg sodium, 0.6 mg iron.

TEST KITCHEN TIP

A high-performance blender is required to purée the nuts in this recipe. If you don't have one, it is better to use store-bought hazelnut butter.

MUG, CASA LUCA. PLATE, H&M HOME. GLASS CONTAINER, WECK.

roasted carrots
& hazelnuts with
barley **RISOTTO**

BOWL, PLATES, STOKES. LINEN, CASA LUCA

PLACEMAT, GLASSES, IKEA. SERVING PLATE, INDIGO. SMALL PLATES, HOMESENSE.

KALE SALAD WITH APPLE-CINNAMON VINAIGRETTE

MAKES 4 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 25 MINUTES

Apple-Cinnamon Vinaigrette

1	Cortland or McIntosh apple, cored and diced
2 tbsp	cider vinegar
4 tsp	maple syrup
1/3 cup	olive oil
3/4 tsp	cinnamon
salt and pepper	

Kale Salad

8 cups	shredded kale (stems removed)
1/2 tsp	salt
1/4 cup	roasted pepitas
1/4 cup	halved roasted pecans
30	seedless red grapes, halved
3/4 cup	crumbled feta
3 tbsp	hemp seeds
salt and pepper	

Apple-Cinnamon Vinaigrette Place apple in microwaveable bowl. Cover with plastic wrap and microwave on high until tender, 3 to 4 minutes. Let cool for 5 minutes.

In blender, purée apple until smooth. Add vinegar, maple syrup, olive oil and cinnamon; season with salt and pepper. Purée until smooth.

Kale Salad Place kale in large bowl and sprinkle with salt; massage salt into kale to soften, about 3 minutes. Pour Apple-Cinnamon Vinaigrette over kale and massage again until coated. Add pepitas, pecans, grapes, feta and hemp seeds. Season with salt and pepper, mixing until combined. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 4 days.)*

PER SERVING about 425 cal, 10 g pro, 32 g total fat (8 g sat. fat), 24 g carb (5 g dietary fibre, 16 g sugar), 25 mg chol, 565 mg sodium, 1.8 mg iron.

BANANA GREEK YOGURT WITH SEED & NUT TOPPING

MAKES 2 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 10 MINUTES

12	whole toasted almonds, roughly chopped
2 tbsp	toasted sunflower seeds
1	ripe banana
1 1/4 cup	nonfat plain Greek yogurt
2 tbsp	orange juice
2 tsp	light olive oil
2 tbsp	flaxseeds
1 tbsp	roasted pepitas

Toppings (optional)

honey or maple syrup
banana slices
fresh raspberries and/or blueberries
orange zest
hemp seeds and/or chia seeds
cinnamon

In coffee grinder or using mortar and pestle, coarsely grind almonds and sunflower seeds; set aside.

In bowl, using fork, mash banana. Stir in yogurt, orange juice and olive oil. Add reserved ground almond mixture, the flaxseeds and pepitas. Mix until creamy. *(Make-ahead: Can be stored in glass airtight container and refrigerated for up to 3 days.)* Divide between two bowls and sprinkle with desired toppings.

PER SERVING about 340 cal, 20 g pro, 17 g total fat (2 g sat. fat), 27 g carb (6 g dietary fibre, 14 g sugar), 0 mg chol, 575 mg sodium, 1.5 mg iron.

DID YOU KNOW?

This recipe is inspired by Budwig cream—a type of muesli created by Dr. Johanna Budwig in the 1950s. Non-hydrogenated oils and unprocessed fats were the key in the Budwig diet.

ROASTED CARROTS & HAZELNUTS WITH BARLEY RISOTTO

MAKES 4 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 1 HOUR 25 MINUTES

Roasted Carrots & Hazelnuts

10	Nantes carrots, peeled, cut in 1/2-inch rounds
1	small onion, cut in 8 wedges
2	whole garlic cloves, unpeeled
2 tbsp	olive oil
2 cups	sodium-reduced chicken broth
1/4 tsp	ground cumin
3 tbsp	crushed roasted hazelnuts
3 tbsp	chopped fresh chives
salt and pepper	

Barley Risotto

2 tbsp	olive oil
2	shallots, chopped
1 1/4 cups	pearl barley, rinsed
2 cups	sodium-reduced chicken broth
reserved carrot purée (see above)	
salt	
freshly ground pepper	
1 1/4 cups	grated Parmesan cheese (approx)
3 tbsp	unsalted butter

Roasted Carrots & Hazelnuts Preheat oven to 400°F; line baking sheet with parchment paper. Place carrot slices, onion and garlic on prepared baking sheet. Drizzle with oil and season with salt and pepper. Roast, stirring halfway through roasting time, for 25 minutes.

When cool enough to handle, squeeze garlic out of peel and place in small saucepan. Add onions, 1/2 cup of the carrots, and the chicken broth. Bring to boil; cook, stirring occasionally, for 5 minutes. Transfer to blender and pulse until smooth; set aside.

Place remaining carrots in bowl. Sprinkle with cumin, hazelnuts and chives; toss to combine. Season with salt and pepper; set aside.

Barley Risotto In large deep skillet, heat oil over low heat. Add shallots; cook, stirring often, for 2 to 3 minutes. Stir in barley; cook, stirring often, for 1 minute. Stir in broth and 1 cup water. Cook over medium-low heat, stirring occasionally, until liquid has almost completely evaporated, about 20 minutes.

Increase heat to medium-high; add reserved carrot purée and cook, stirring often, for 5 minutes. Season with salt and pepper; stir in cheese and butter until smooth. Divide risotto among bowls and top with Roasted Carrots & Hazelnuts, and grated Parmesan, if using. Season generously with pepper.

PER SERVINGS about 650 cal, 19 g pro, 35 g total fat (13 g sat. fat), 64 g carb (14 g dietary fibre, 8 g sugar), 50 mg chol, 1,300 mg sodium, 4.5 mg iron.

PAPPARDELLE LENTIL BOLOGNESE

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 1 3/4 HOURS

3 tbsp	olive oil
1	medium onion, finely chopped
4	cloves garlic, chopped
1	156 ml can tomato paste
2 1/2 cups	vegetable broth
4	bay leaves
1/2 tsp	hot pepper flakes
2 tsp	Italian herb seasoning
1	796 ml can crushed tomatoes
2	large carrots, peeled and finely diced
2 to 3	stalks celery, finely diced
20	fresh basil leaves (approx)
1 1/2 cups	dry small green lentils, rinsed
Parmesan rind (optional)	
granulated sugar (optional)	
salt and pepper	
cooked papardelle (or high-fibre pasta made from legumes, soy or konjac)	
grated Parmesan cheese (optional)	

In large, heavy-bottomed saucepan, heat oil over medium heat. Add onion; cook, stirring often, for 5 minutes. Add garlic; cook, stirring often, for 2 minutes. Increase heat to high, stir in tomato paste and cook, stirring constantly, until tomato paste is lightly browned, 2 to 3 minutes. Add broth, bay leaves, hot pepper flakes, Italian seasoning, tomatoes, carrots, celery, basil and lentils, and Parmesan rind, if using; bring to boil. Reduce heat to medium-low and cook, uncovered, stirring a few times during cooking time, until lentils are very tender, about 1 hour. Sprinkle with sugar if sauce is too acidic. Season with salt and pepper. Serve over cooked high-fibre pasta and sprinkle with fresh basil leaves and Parmesan, if using.

PER EACH OF 8 SERVINGS (excluding pasta) about 225 cal, 10 g pro, 6 g total fat (1 g sat. fat), 33 g carb (7 g dietary fibre, 7 g sugar), 0 mg chol, 250 mg sodium, 3.6 mg iron.

PLACEMAT, POTTERY BARN. BOWLS, WOODEN TRAY, HOMESENSE. LINEN, INDIGO

Green light

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

Rich in nutrients and super satisfying, these vegetable-packed dishes are sure to please even the pickiest eaters.

RECIPES MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** ÉRIC RÉGIMBALD
PROP STYLING CAROLINE SIMON

CHICKEN MEATBALLS with cilantro cream sauce

LARGE PLATES, HOMESENSE. SMALL PLATES, BOWL, IKEA

PESTO MINESTRONE

MAKES 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 40 MINUTES

2 tbsp	olive oil
1	small onion, chopped
2	cloves garlic, chopped
1	stalk celery, thinly sliced
1	carrot, thinly sliced (halved lengthwise if large)
1	small zucchini, quartered lengthwise, then sliced
2	potatoes, peeled and cubed
2 cups	packed sliced Savoy cabbage (or green cabbage)
7 cups	sodium-reduced chicken or vegetable broth
1 tbsp	Italian herb seasoning
1	540 ml can romano beans (or white beans), rinsed and drained
2 cups	packed baby spinach
3/4 cup	Basil Pesto (recipe, this page or store-bought)

salt and pepper
Parmesan cheese shavings (optional)

In large saucepan, heat oil over medium heat. Add onion; cook, stirring often, until softened, 3 to 4 minutes. Add garlic; cook, stirring often, for 1 minute. Stir in celery, carrot, zucchini, potatoes, cabbage, broth and Italian herb seasoning; bring to boil. Reduce heat to medium-low; cover and simmer, stirring a few times during cooking time, for 8 minutes. Stir in beans; cook, covered, stirring a few times during cooking time, until vegetables are tender, 5 to 7 minutes. Stir in spinach and Basil Pesto; season with salt and pepper, stirring well. Divide soup among bowls and sprinkle with Parmesan, if using. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 5 days or frozen for up to 3 months.)*

PER SERVING about 355 cal, 15 g pro, 16 g total fat (3 g sat. fat), 37 g carb (8 g dietary fibre, 6 g sugar), 0 mg chol, 875 mg sodium, 4.8 mg iron.

Basil Pesto In food processor or blender, add 1 cup packed fresh basil leaves, 2 tbsp pine nuts, 1 clove garlic, chopped, 1/4 cup grated Parmesan cheese and 1/3 cup olive oil. Season with salt and pepper. Purée until smooth. Makes about 3/4 cup.

PLATES, BOWLS, HOMESENSE

GLASS, SIMONS. SMALL BOWL, IKEA

SPINACH & APPLE SMOOTHIE

MAKES 3 TO 4 SERVINGS
HANDS-ON TIME 5 MINUTES
TOTAL TIME 5 MINUTES

1	ripe banana
1	green apple, cored and chopped
1 cup	green grapes
1 to 2	stalks celery, cut in sections
1 cup	packed baby spinach
1 tsp	chopped fresh ginger
1 cup	water (or maple water or coconut water)
6 to 8	ice cubes
1 tsp	chia seeds (optional)

Place all ingredients in blender. Purée until smooth. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 2 days. Stir or re-blend before serving.)*

PER EACH OF 4 SERVINGS about 80 cal, 1 g pro, 0 g total fat (0 g sat. fat), 20 g carb (3 g dietary fibre, 14 g sugar), 0 mg chol, 25 mg sodium, 0.5 mg iron.

TEST KITCHEN **TIP**

With the freshness of celery, the zing of ginger and an abundance of vitamins and fibre, this smoothie will delight green smoothie enthusiasts! However, those who prefer a sweeter taste can add a little maple syrup.

SMALL PLATE, ROXANNE CHAREST CERAMIST; SPOON, HOMESENSE

GREEN COLESLAW WITH CASHEW & HERB DRESSING

MAKES 4 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 20 MINUTES

Green Coleslaw

3 cups	finely diced green cabbage
2 cups	finely diced cucumber
2 to 3	green onions, chopped

Cashew & Herb Dressing

1/3 cup	olive oil
2 tbsp	white wine vinegar
2 tbsp	lemon juice
1/4 cup	nutritional yeast flakes
1/4 cup	raw cashews
1/2	shallot, roughly chopped
1/2 cup	packed fresh basil leaves
2 tbsp	roughly chopped chives
2 tbsp	packed fresh mint leaves (approx)
salt and pepper	

Green Coleslaw In large bowl, combine cabbage, cucumber and green onions. Set aside.

Cashew & Herb Dressing In blender, purée oil, vinegar, lemon juice, nutritional yeast, cashews, shallot, basil, chives and mint on high speed until smooth. Pour over reserved Green Coleslaw; season with salt and pepper. Sprinkle with mint, if using, before serving. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 3 days.)*

PER SERVING about 285 cal, 8 g pro, 22 g total fat (3 g sat. fat), 14 g carb (6 g dietary fibre, 4 g sugar), 0 mg chol, 150 mg sodium, 1.5 mg iron.

TRAY, HOMESENSE. BOWL, IKEA

CHICKEN MEATBALLS WITH CILANTRO CREAM SAUCE

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 40 MINUTES

Chicken Meatballs

450 g	ground chicken
2/3 cup	dried bread crumbs
1	egg
2	cloves garlic, finely chopped
1	green onion, finely chopped
1/4 cup	chopped fresh cilantro
1 tbsp	lime juice
1 tbsp	olive oil
2 tsp	Worcestershire sauce
1 tsp	ground cumin
1 tsp	smoked paprika
1/2 tsp	dried oregano
	salt and pepper

Cilantro Cream Sauce

1/2 cup	nonfat Greek yogurt
1/2 cup	mayonnaise
	zest and juice of 1 lime
1 cup	lightly packed fresh cilantro (approx)
2	green onions, cut in sections
2 to 3	cloves garlic, roughly chopped
1 tbsp	olive oil
	green hot sauce (optional)
	salt and pepper
	sliced jalapeño pepper
	lime wedges (optional)

Chicken Meatballs Preheat oven to 400°F; line baking sheet with parchment paper. Set aside.

In large bowl, mix chicken, bread crumbs, egg, garlic, green onion, cilantro, lime juice, olive oil, Worcestershire sauce, cumin, paprika and oregano until combined. Season with salt and pepper. Using your hands, form mixture into 1 tbsp balls. Place meatballs 1/2 inch apart on prepared baking sheet. Bake on top rack of oven until chicken is cooked through, 20 to 22 minutes. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 4 days or frozen for up to 3 months.)*

Cilantro Cream Sauce Meanwhile, in blender, purée yogurt, mayonnaise, lime zest and juice, cilantro, green onions, garlic and olive oil, and hot sauce, if using, on high speed until smooth. Season with salt and pepper. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 3 days.)*

Spoon some Cilantro Cream Sauce onto plates; top with Chicken Meatballs. Sprinkle with jalapeño slices and cilantro. Serve with lime wedges, if using, and the remaining Cilantro Cream Sauce.

PER SERVING about 560 cal, 31 g pro, 38 g total fat (7 g sat. fat), 24 g carb (3 g dietary fibre, 4 g sugar), 135 mg chol, 500 mg sodium, 6.9 mg iron.

GREEN PEA PATTIES

MAKES 12 PATTIES
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

3 cups	frozen peas
3	eggs
1/3 cup	cottage cheese
2 tbsp	chopped fresh flat-leaf parsley
2	green onions, cut in sections
3/4 cup	chickpea flour
1/3 cup	hemp seeds
1 tsp	baking powder
	salt and pepper
	vegetable oil, for frying
	crème fraîche or sour cream
	pea shoots (optional)

In saucepan of boiling water, blanch peas for 2 minutes. Transfer peas to bowl of ice water; cool for 1 minute. Drain and set aside.

In blender, add half of the reserved peas, the eggs, cottage cheese, parsley and green onions; purée until smooth.

Transfer puréed mixture to bowl; add chickpea flour, hemp seeds and baking powder. Season with salt and pepper and stir with a spatula until paste forms. Stir in remaining peas.

Add oil to large skillet until it comes about 1/2 inch up side; heat over medium heat. Working in batches, drop pea mixture by 1/4 cupfuls into oil. Cook, turning halfway through cooking time, until patties begin to brown, 4 to 6 minutes. Transfer to plate; cover and keep warm. Repeat with remaining pea mixture (add more oil, if necessary). Serve with crème fraîche and pea shoots, if using.

PER PATTY about 115 cal, 7 g pro, 5 g total fat (1 g sat. fat), 11 g carb (3 g dietary fibre, 3 g sugar), 50 mg chol, 150 mg sodium, 1.6 mg iron.

Pastis Landais

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March 2025

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cream of the crop

These scrumptious desserts are delightfully creamy and tangy at the same time.

TEST KITCHEN TIP

It’s important to use bottled lemon juice in this recipe because its acidity level is consistent, unlike that of fresh lemons. A sufficient acidity level is necessary for the cream to set.

LEMON POSSETS

MAKES 4 TO 5 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 2 HOURS 20 MINUTES

1	473 ml carton 35% whipping cream
3/4 cup	granulated sugar
5 tbsp	bottled lemon juice (see Test Kitchen Tip)

whipped cream
grated lemon zest (optional)

In medium saucepan, whisk cream and sugar over medium-high heat until boiling. Reduce heat to medium; simmer, whisking constantly, for 5 minutes (lower heat slightly or remove pan from heat momentarily if bubbling more than at a gentle boil).

Remove from heat; whisk in lemon juice. Let stand 10 minutes, then whisk again. Divide mixture among dessert cups, cover with plastic wrap and refrigerate for at least 2 hours. *(Make-ahead: Can be refrigerated for up to 3 days.)* Top with whipped cream, and lemon zest, if using.

PER EACH OF 5 SERVINGS about 415 cal, 2 g pro, 31 g total fat (20 g sat. fat), 32 g carb (0 g dietary fibre, 32 g sugar), 100 mg chol, 25 mg sodium, 0.1 mg iron.

RECIPE MARIE-ÈVE LAFORTE
PHOTOGRAPHY TANGO
FOOD STYLING ÉRIC RÉGIMBALD
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